



DATE: 10-4-2023
 FORMAT: Monsoon
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back (Push/Pull)

L1	L2	L3	Exercise:	L1	L2	L3
			1st 6 Mins:			
8	8	8	Renegade Row on BOSU	<12	15-25	30+
15	20	20	BOSU Back Extensions	-	-	-
5	5	5	Deadlifts	<20	25-40	45+
			2nd 6 Mins:			
10	10	10	Decline Chest Fly on BOSU	<12	15-25	30+
7	7	7	ALT Chest Press on BOSU (Hips up)	<15	20-35	40+
7	7	7	Power Push Up on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	2	2	5:5 MYO Muscle Ups/MYO High Row	-	-	-
20	20	20	American KB Swings	<20	25-40	45+
4	4	4	ISO Shoulder Squat with Stone	Lt	Lt	hvy
20	30	40	BR Slams	-	-	-

Bike Protocol:

Bike Abbreviations OOS – Out Of Saddle S – Seated SP – Sprint C – Climb TC –Trainer's Choice (Sprint, Climb, Tier etc..) *No CHALLENGES on TC* LMAO – Last Minute All Out CEC- Class Energy Challenge CDC- Class Distance Challenge CCC- Class Calorie Challenge AFAP- As Far/Fast as Possible EMOM- Every Minute on the Minute EHM- Every Half Minute RR= Recovery Ride (20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride: 1 st 6mins				
	TC			
2:00	Surge- Energy Points, 0:15 RR	5	6	7
Bike Ride: 2 nd 6mins				
	TC			
	Climb Distance Challenge, add 1 gear every 0.2	0.4	0.5	0.6
Bike Ride: 3 rd 6mins				
	TC			
2:00	Surge- Distance, 0:15 RR	0.1	0.2	0.2
Bike Ride: 4 th 6mins				
	Climb Energy Points Challenge- add 1 gear every 0:20	12	18	25
	TC			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Tropical Storm	Revolution- Members Split on the circuits first
Blizzard	Thunderstorm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Typhoon	TIC- Timed Interval Circuit
Doomsday	Vortex	ORA- One Round Assault
Heatwave	Whirlwind	Funnel- Decreasing a Rep each Round
Hurricane	Wildfire	Reverse Funnel- Adding a Rep each Round
Monsoon		AMRAP- As Many Rounds As Possible
Sandstorm		
Tornado		