



DATE: 10-9-23

FORMAT: Doomsday

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Triceps/Bicep/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Twisted Curl	<10	12-20	25+
10	10	10	Front Loaded Hammer Curls	<10	12-20	25+
10	10	10	Kneeling Shoulder Press	<12	15-25	30+
5	5	5	Commander Push Up	-	-	-
8	8	8	High Plank Kickbacks	<10	12-15	20
			Triceps Push Ups *To failure*	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: *Every Round Add 2 Reps	L1	L2	L3
10	10	10	Box Jumps	16"	20"	24"
8	8	8	Skaters	-	Holding WB	Holding WB
5	5	5	Alt Wall Ball Lunges	8-12	16	20
8	8	8	MYO Roll Ins	-	-	-

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:				
	TC			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 st to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 st to complete wins.			
	RR			
	TC			
	LMAO			

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		