



DATE: 11-17-23

FORMAT: Black Hole

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Core

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	B-Stance RDL	<12	15-30	35+
7	7	7	Single Arm Rocky Press	<8	10-12	15
7	7	7	1:1 DB Clean/Racked Squat	<15	20-40	45+
12	12	12	V-Ups	-	-	-
10	10	10	Split Squat	<12	15-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Box Jumps	16"	20"	24"
2	2	2	8:8 MYO Clutch Curl/MYO High Row	-	-	-
10	15	15	Wallballs	8-12	16	20
10	15	15	Wallball Roll Outs	-	-	-

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

Time	Type	L1	L2	L3
Bike Ride:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				
	First Bike Ride: 1 Mile DISTANCE, use PIQ			
	All other bike rides: 1 Mile DISTANCE, use bike console			

Format & Rotation Options

Revolution- Members Split on the circuits first

3C- Members Distribute Evenly on Bike, Strength, HIIT

TIC- Timed Interval Circuit

ORA- One Round Assault

Funnel- Decreasing a Rep each Round

Reverse Funnel- Adding a Rep each Round

AMRAP- As Many Rounds As Possible

Recovery Protocol:

Side Lying Knee Bend

Lying Spinal Twist

Hand Behind Back

Arm Across Stretch

Cobra/Down Dog (2x)