



DATE: 11-20-23  
FORMAT: Blizzard

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	12	Double Snatch w/ Squat Jump	<12	15-25	15-25+
7	7	7	Goblet Squat/Press	<15	20-30	35+
7	7	7	ALT Lunge Front/Raise/Yo-Yo	<8	10-15	20+
7	7	7	ISO Hold Surrender	<8	10-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	6	7	ALT Lateral Lunge/Triple High Knee	-	-	-
8	10	12	Burpee	-	-	-
8	8	8	MYO Plank Walk	-	+ Shoulder tap	+ Push Up
10	15	15	KB Russian Swing	<20	25-40	45+

**TIC Exercises:** Plank, Candlesticks, Hollow Body Hold, Floor Tap Jacks, Crossbody Mtn. Climbers

Bike Protocol:

<b>Bike Abbreviations</b>
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:				
	TC			
	PELO: Odds vs Evens, first team to 15 Energy Points			
	TC			
	TEAM: Odds vs Evens, first team to 0.5			
	TC			
AFAP	Distance Challenge, rotate OOS/S every 0:20	0.3	0.5	0.7
1:00	CDC vs 1 member burpees. How far can the class ride for 1:00 while 1 member completes burpees. Repeat, selecting a different member. See if class can ride farther before member exceeds first burpee total.			
	TC			

### 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