



DATE: 11-28-23  
FORMAT: Black Hole

### STRENGTH Side

Focus: Lower Body/Core

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	B-Stance RDL	<12	15-30	35+
8	8	8	Copenhagens on TC	-	-	-
10	10	10	Heels up Goblet Squat on TC	<15	20-35	40+
10	10	10	Hip Dips on TC	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	High Knees Holding Slamball	15-30	15-30	15-30
15	15	15	Slamballs	15-30	15-30	15-30
10	15	8	Box Dips	-	-	MYO Dips
10	12	15	American KB Swings	<20	25-40	45+
40	40	40	ALT BR	-	-	-

### 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: .8 Mile SEATED DISTANCE, use PIQ			
	All other bike rides: .8 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/DownDog