



DATE: 4-24-24

FORMAT: Blizzard **** 1 Mile Distance Challenge ****

TIC Exercises: Plank, Mtn. Climbers, Flutter Kicks, Spider Climbers, Supermans

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Center Hold Squat	<20	25-35	40+
12	12	12	ALT Bicep Curls	<10	12-15	20+
8	10	10	Chest Press	<12	12-20	25+
10	12	12	Weighted Sit Ups	BW	<10	12+
10	12	12	ALT Skull Crushers	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Box Jumps	16"	20-24"	Single leg
6	8	8	KB Statue of Liberty	<15	20	20+
4	6	6	Heismans (ea)	-	-	-
8	10	10	OTS Stone Toss	Lt	Lt	Hvy
1	2	3	10:10 MYO Mtn. Climbers/MYO Knee Tucks	-	-	-

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:				
	TC			
AFAP	Distance Challenge	1.0	1.0	1.0
	RR			
	Slamball Game- 25 slamballs, 2 members vs Bikers .3 distance			
	TC			
	TEAM Odds vs Evens- 15 Energy Points			
	TC			
	0:30 S Energy Points/0:30 OOS Distance, RR, complete 2x			

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:

Lying Down Internal Twist and Reah
Standing Triceps Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach