



DATE: 5-21-24  
 FORMAT: Blizzard

**TIC Exercises:** Buzz Saw Plank/In & Outs/Sphinx Push Ups/Bicycle Crunches

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Incline Chest Fly on TC	<10	12-15	20+
8	8	8	Bear Renegade Row	<10	12-15	20+
10	10	10	Incline Crush Press on TC	<12	15-20	25+
10	10	10	Pronated Row	<12	15-20	25+
12	15	20	Decline Push Up on TC	Knees	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	American KB Swing	<20	20-30	30+
10	12	12	Power Skaters	-	-	-
8	10	12	Burpee Box Jumps	-	-	-
8	8	8	ALT High Plank Bird Dog	-	+ 1 P.U.	+ 2 P.U.

### 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			
1:00	CDC, RR, complete 2x, try to beat previous			
	TC			
	Slamball Game: Odds vs Evens. 1 person from odds, 1 person from evens. Slam at the same time. Goal is 25 slams, trying to race the bikers to 0.3			
	TC			
1:00	CEC- OOS 0:20/S 0:20/OOS 0:20), RR, complete 2x, try to beat previous			
	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:

Pronated Press and Rotate  
 Arm Across Stretch  
 Hand Behind Back  
 Standing Triceps Extend and Reach  
 Bear Hug Stretch