



DATE: 5-27-24

FORMAT: Twisted Hero Workout

STRENGTH Side

Focus: Twisted Hero (Total Body)

L1	L2	L3	Exercise:	L1	L2	L3
			Bike 2 Miles			
10	20	100	Pull Ups	10 rounds	5 rounds	
10	40	200	Push Ups	20 rounds	5 rounds	
10	60	300	B2Ball Squats	30 rounds	5 rounds	
			Bike 2 Miles			
** Level 1 & 2 can break up the reps and complete in rounds. (ie 10 pull ups, 10 push ups, 10 B2B squats and repeat until all rounds are complete) **						
** Level 3 goal is completing all reps of one exercise before moving on to the next exercise **						

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:				
	Fast, fun, motivating music!			
	**Last 10 mins of class- everyone finishes on the bike **			

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 Reach
Standing Figure 4 and Bend
Bear Hug Stretch
Standing Hamstring with Toe Up
Standing Triceps Extend and Reach