



DATE: 1/21

FORMAT: Blizzard

8 Min T.I.C. Exercises: Jumping Jacks, Push Ups, Planks, Leg Lifts.

STRENGTH Side

Focus: Chest/Abs (Power)

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	ISO Chest Press on BOSU (ea)	<15	20-30	35+
8	8	8	Fruit Fly on BOSU	<12	15-20	25+
10	10	10	Arms Up Crunch on BOSU	-	-	-
10	10	10	Hip Dips on BOSU (ea)	-	-	-

HIIT Side

Focus: Total Body HIIT

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	DAB OTH Stone Carry	Lt	Hvy	Hvy
4	5	6	SB Lateral Drag (ea)	Lt	Hvy	Hvy
1	2	3	3:3 DBL KB Clean/DBL KB Press	<15	20-25	30+
10	10	10	Decline Sit-Ups	-	-	-
8	10	12	1:1 Russian/American Swings	<15	20-25	30+

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			
1:00	CDC (complete 3x total, beat previous each time)			
	RR			
	TC			
	High Watts Hold- 0:20 work/0:20 RR (complete 3x total)	130	150	175+
	RR			
	High MPH Hold- 0:20 work/0:20 RR (complete 3x total)	12	15	18+
	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:

Lying Arm Reach
Standing Quad Stretch
Cat/Cow
Seated glute stretch
Side Reach