



DATE: 3/13

FORMAT: v-ORA-tex ***ORA. Distance LEVEL 1- .6 LEVEL 2- .8 LEVEL 3- 1.0***

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Single Arm Hallow Press (ea)	<10	12-20	25+
30	40	50	Decline Chest Press (ft on floor)	<15	20-35	40+
25	35	45	Chest Fly	<15	20-30	35+
25	35	45	Upright Row	<15	20-30	35+
20	30	40	Kneeling Crush Press	<15	20-30	35+

HIIT Side

Focus: Chest/Shoulders/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
75	125	200	ALT Hammer BR on BOSU (ea)	-	-	-
15	25	35	Push-Up Toe Touch	-	-	-
12	20	25	Rainbow Slams (ea)	20	20	20
20	25	30	KB Lateral Drag (ea)	<15	20-30	35+
40	50	60	BR ISO Slams (ea)	-	-	-

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

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

Recovery Protocol:

Lying Down Figure 4

Shoulder Extension

Lying Arm Reach

Sprinter/Hamstring Flow

side lying knee bend