



DATE: Monday 9/12  
 FORMAT: Hurricane  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Bi's/Tris/abs

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	21's	<10	12-20	25+
8	12	12	close grip press	<15	20-30	35+
6	10	12	Zottman Curls	<10	12-20	25+
10	10	15	Diamond Push Up	On knees	On toes	On toes
10	15	15	Reverse Crunches	-	-	candlesticks

**HIIT Side**

Focus: Shoulders + HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	MYO Y Raise	-	-	-
12	15	25	BR Slams	-	-	Squat Jump/Slam
8:8	10:10	10:10	KB Upright Row/OTH Press	<15	20-35	40+
8	12	15	Mtn. Climbers (ea)	-	-	-
7	10	12	SB Snatch	Light	Light	heavy
30	30 (ea)	30	Jump Rope	Single	Alt	DBLU

**5 Minutes of TC ABS**

**Bike Protocol:**

**TC Bike Abbreviations**  
 OOS – Out of Saddle  
 S – Seated  
 SP – Sprint  
 C – Climb  
 TC – Trainers Choice  
 (Sprint, Climb, Tier etc..)  
 \*No CHALLENGES\*  
 LMAO – Last Minute All Out  
 CEC (Class Energy Challenge)  
 CDC (Class Distance Challenge)  
 (CCC) Class Calorie Challenge  
 (AFAP) As Far/Fast as Possible

**Recovery Ride = Low/med gear**  
**L1 = 60 rpms**  
**L2 = 70 rpms**  
**L3 = 80 rpms**

Time	Type	L1	L2	L3
15:00				
	3:00 TC			
	:30 RR			
	1:00 CDC OOS			
	:30 RR			
	1:00 CDC SEATED			
	:30 RR			
	3:00 TC NO CHALLENGE			
	:30 OOS energy challenge	3	7	10+
	:30 RR			
	2:00 Climb. Add gear every :30			
	3:00 TC			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 <sup>st</sup> )		3C (Members distribute evenly on bike, HIIT & strength)		Circle (Bikes are placed in a circle around the room)	
Doomsday	Earthquake	Flash Flood		Tropical Storm		Fireball	
Crazy 8's	Apocalypse	Supernova		Tornado		Asteroid	
Vortex	Typhoon					Cyclone (optional)	
Hurricane	Monsoon					Twister (optional)	
Blizzard	Heatwave					Supercell (optional)	
Mudslide	Armageddon						