



DATE: Wednesday, August 24, 2022

FORMAT: Hurricane - Last 5 min: \*Glute Finisher\*

## STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	20	25	Heels Up Squat on TC	----	----	----
8	15	15	Jack Knives on TC	----	----	w/ Weight
10	10	6	Susu on TC	----	w/ Jump	Single Leg (ea)
15	30	30	Crunch on TC	----	----	----
4	4	4	Goblet Squat	<15	20-40 On TC	45+ On TC

## HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	12	12	Lateral Bosu Hops (ea)	----	Hold 20 lb Slam Ball	Hold 30+ Slam Ball
4	7	7	KB Statue of Liberty (ea)	<15	20-30	35+
10	20	20	Mt Climbers (ea)	----	MYO	MYO
8	15	15	MYO Hamstring Curls	----	----	----
8	15	15	Wall Ball	8	12-16 B2B	20 B2B

Bike Protocol: \*\*If there is a PNM in the class, make all challenges "class/team challenges\*\*

TC Bike Abbreviations
OOS – Out of Saddle
S – Seated
SP – Sprint
C – Climb
IC – Instructor's Choice
RPM Challenge SSP:
Level 1 >100
Level 2 > 110
Level 3 > 120
RPM Challenge OOS:
Level 1 >70
Level 2 > 75
Level 3 > 80
LMAO – Last Minute All Out

Time	Type	Level 1	Level 2	Level 3
	Sprint Song			
	Energy Pt Challenge for time	7	15	22
1:30	:15 OOS RPM Challenge (:15 rest) 3x	60	70	80
	IC (No challenges)			
	Class Dist. Challenge (How quickly can the class get to 2 miles)			
	IC			
1:00	LMAO			

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			