



DATE: Monday, August 8, 2022
 FORMAT: Upside Down Partner Hurricane

5 min. Exercises

:30 – 2x
 Fast Jacks
 Mtn. Climbers
 Yo-Yo
 Fast Feet
 Skaters

STRENGTH Side

Focus: Bi's/Tri's

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	1.5 Curl	<10	12-20	25+
			*Slam Ball	<20	30	40
6	8	8	1.5 Hammer Curl	<10	12-20	25+
			*Box Dips	----	----	----
8	10	10	Alt. Tricep Kickbacks (ea)	<8	10-15	20+
			*Crab Sit-up	----	----	----
8	10	10	Concentration Curl (ea)	<10	12-20	25+
			*Burpees	----	----	----

HIIT Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
4	8	8	Alt. Wall Ball Lunges (ea)	8	12-16	20
			*Burpees			
4	6	6	Alt. SB Surrenders (ea)	Light	Heavy	Heavy
			*In & Outs			
8	12	12	MYO Hamstring Curls	----	----	----
			*Alt. Jump Lunges			
8	10	10	KB Side Turning Goblet Squat (total)	<20	25-35	40+
			*Squat Drops			

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	L1	L2	L3
	Sprint Song			
	1:00 Team Energy Points			
	IC			
	1:00 Team Distance			
	4 Count Jump Song			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 st)	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				