



DATE: Tuesday, August 9, 2022

FORMAT: Tornado

STRENGTH Side

Focus: Shoulders/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			TC Clean & Press	Weights if needed	Power	Power
			Alt. Front Raise	<10	12-15	20+
			TC SuSu Jump	----	----	Tuck Jump
			Upright Row	<10	12-20/On TC	25+/On TC
			Inchworm	----	----	+Push-up

HIIT Side

Focus: Cardio/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Bear Crawl	----	+SB	+SB
			Roll-ins	----	----	----
			Broad Jump Shuffle	----	----	----
			1:1 V-up/Alt. V-up	----	----	----
			BR	----	----	SLAMS

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
	IC			
	Distance Challenge			
	IC			
	Energy Points Challenge			
	IC			
	Calorie Challenge			

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				