



DATE: Monday, September 5, 2022

FORMAT: Tropical Storm

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
4	8	8	Bulgarian Lunge on Bosu (ea)	<10	12-20	25+
8	10	12	Bosu Obliques (ea)	----	----	----
8	10	12	Racked Squat	<10	12-20/on Bosu	25+/on Bosu
10	20	20	Russian Twist (ea)	----	On Bosu	On Bosu
4	8	8	Burpee	----	Bosu Burpee	Bosu Burpee
8	8	8	Alt. Single Arm Deadlift (total)	<20	25-45	50+
8	10	12	Squat Drops	----	----	Hold 1 DB at chest

HIIT Side

Focus: Cardio

L1	L2	L3	Exercise:	L1	L2	L3
5	8	8	Heismans (ea)	----	----	----
8	12	15	V-ups	----	----	Holding Wall Ball
8	12	12	Kneeling Wall Ball			
5	8	8	Wall Ball SSD Knee	8	12-16	20
10	12	15	MYO B2G Row	----	----	----
10	12	15	MYO Roll-ins	----	Straight arms	Standing
5	8	8	Box Jump	Low	Med	Holding Wall Ball

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
7:00	IC			
	:30 Class Distance			
	IC			
5:00	Class Calorie Challenge			
	IC			
3:00	:30 Class Energy Points -2x			

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				