



DATE: 10/22

FORMAT: Hurricane

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	6	6	Single Arm Chest Press on TC	<10	12-25	30+
8	8	8	TC SuSu Jump	-	Weighted	SuSu Slam
10	15	15	TC Heel Squats	-	Racked 10-20+	L2 + Press
8	8	8	ALT Bent Over Row	<12	10-20 on TC	25+ on TC
10	10	10	Kneeling Slam Ball	15	20-30	40

### HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Chin Ups	MYO	Assisted	Rig
12	12	12	MYO Skull Crushers	Mid	Calf	Long
30	50	75	BR In-Outs	-	-	-
12	16	20	KB Walking Hooper (total)	<15	20-35	40+
6	8	8	Burpee	-	Double Pump	Double Pump

### Bike Protocol:

#### TC Bike Abbreviations

OOS – Out of Saddle

S – Seated

TC –Trainers Choice

(Sprint, Climb, Tier etc..)

\*No CHALLENGES on TC\*

LMAO – Last Minute All Out

CEC (Class Energy Challenge)

CDC (Class Distance Challenge)

CCC (Class Calorie Challenge)

AFAP (As Far/Fast as Possible)

EMOM (Every Minute on the Minute)

EHM (Every Half Minute)

**RR= Recovery Ride.**

**(20-30 seconds of light work)**

Time	Type	L1	L2	L3
	TC			
1:00	TEAM- Odds vs Evens: First to 15 Energy Points			
	RR			
3:00	OOS Climb- EMOM add Gear	Starting Gear 12-14	Starting Gear 14-16	Starting Gear 16-18
	RR			
	TC			
1:00	TEAM- Odds vs Evens: First to 15 Energy Points			
	RR			
	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			