



DATE: 10/27/2022
 FORMAT: Tornado
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: TOTAL BODY

L1	L2	L3	Exercise:	L1	L2	L3
1:1	3:3	5:5	Lateral Raise/Front Raise	<10	12-20	25+
-	-	-	Incline Crush Press on BOSU	<15	20-35	40+
1:1	2:2	3:3	Knee to Elbow on BOSU/BOSU Bus Drivers	-	-	w/Pushup
-	-	-	Alt Snatch	<15	20-30	35+
3:3	5:5	7:7	Warrior Press on BOSU	<15	20-30	35+

HIIT Side

Focus: TOTAL BODY

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	*** BR (Benchmark Challenge) ***	-	-	-
2:2	3:3	4:4	Stone Toss OTS/DAB OTH Stone Carry	Lt	Lt w/2 presses	Hvy w/5 presses
1:1	2:2	2:2	Burpee over SB/SB Snatch	Lt	Lt	Hvy
5:5:5	7:7:7	10:10:10	MYO Supine Grip Row/Neutral Row/High Row	-	-	-
-	-	-	Jump Rope	Single	Alt	DBLU

Bike Protocol:

Bike Abbreviations
 OOS – Out Of Saddle
 S – Seated
 SP – Sprint
 C – Climb
 TC –Trainer's 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
Bike Ride				
*** Keep music fast, lively, and FUN! ***				

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	Armageddon						
Whirlwind							