



DATE: 10/5/2022  
 FORMAT: Hurricane  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Shoulders/Abs

L1	L2	L3	Exercise:	L1	L2	L3
6	10	10	Warrior Press on BOSU (ea)	<10	15-30	35+
6	10	10	Alt Front Raise (ea)	<10	15-20	25+
6	10	10	Toe Touch on BOSU (ea)	-	Weighted	Weighted
6	10	10	Alt Arnold Press (ea)	<10	15-30	35+
6	10	10	Alt Front Raise (ea)	<10	15-20	25+
6	10	10	Russian Twists on BOSU (ea)	-	Weighted	Weighted

**HIIT Side**

Focus: Shoulders/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6:6	10:10	12:12	MYO I Raise/MYO Y Raise	-	-	-
7	7	7	Wall Balls	<8	12-16	20
6:6	10:10	10:10	SB Snatch/Pike Pushup	Light	Light	Heavy
7	7	7	Wall Balls	<8	12-16	20

**\*\*\*\*\* 5 MINUTES ABS TRAINERS CHOICE\*\*\*\*\***

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

**RR (Recovery Ride) = low/med gear**  
**L1 = 60 rpms**  
**L2 = 70 rpms**  
**L3 = 80 rpms**

Time	Type	L1	L2	L3
3:00	TC			
2:30	CEC			
:30	RR			
3:00	TC			
2:30	CEC – Beat the First			
:30	RR			
3:00	Sprint			

<b>Traditional</b> (All members start on bike first)		<b>Revolution</b> (Members split on circuit 1 <sup>st</sup> )		<b>3C</b> (Members distribute evenly on bike, HIIT & strength)		<b>Circle</b> (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							