



DATE: 11/12/2022

FORMAT: Hurricane TIC (0:50/0:10)

AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			Center Hold Squat (Heavy)	<20	25-40	45+
			Amped Snow Angel	5	8-10	12+
			Shoulder Taps	-	Ft on box	L2 + Pike
			ALT Step Ups (weighted)	<10	12-20	L2 + OTH
			Pullovers on Box	<15	20-30	35+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			TC Susu Wallball	8	12-16	20
			TC Close Grip Mtn. Climbers	-	-	-
			TC Quad Burners	-	Holding WB	Holding WB
			Chin Ups	MYO Supine Grip Row	Assisted	Rig
			Jump Rope	Single	ALT	DBLU

**Bike Protocol:**

<b>Bike Abbreviations</b>
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
<b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>

Time	Type	L1	L2	L3
Bike Ride				
	TC			
	PELO- Odds vs Evens: First to 0.5			
	RR			
	TC			
	TEAM- Odds vs Evens: First to 25 points			
	RR			
	TC			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunder Storm	TIC- Timed Interval Circuit
Earthquake	Typhoon	ORA- One Round Assault
Flash Flood	Vortex	Funnel- Decreasing a Rep each Round
Heatwave	Whirlwind	Reverse Funnel- Adding a Rep each Round
Hurricane		
Monsoon		
Supernova		