



DATE: 11/28/2022
 FORMAT: Hurricane
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	SMS Squat	-	Goblet 20-30	Goblet 35+
10	15	15	Single Leg Hip Bridge on BOSU	-	-	-
6	6	6	Bulgarian Lunge on BOSU	-	Goblet 20-30	Goblet 35+
4	6	6	Launchers	-	-	-
10	10	10	ALT Plank Hip Dips	-	Toes on Bosu	Toes on Bosu

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
50	75	75	BR	-	-	Kneeling
2	3	3	3:3 Slamballs/Burpee	15	20-30	30-40
8	20	20	Wallballs	8	12-16	16-20 + Jump
8	20	20	Russian Swings	<15	20-35 + Unbroken	40+ Unbroken
10	10	10	KB Walking Hooper (Total. Passes)	<15	20-35	40+

*** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 ***

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: 15 mins				
	TC			
2:00	Distance Challenge (OOS/S every 0:30)			
	RR			
	TC			
AFAP	Distance Challenge (Gear 14 or lower)	.3	.4	.5
	RR			
	TC			
	LMAO			

Formats (All members start on bike first)		Format & Rotation Options
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunderstorm	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		