



DATE: 11/08/2022
 FORMAT: Tropical Storm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Static Lunge	<8	10-20	25+
6	10	10	Swing Squat Complex	<8	10-20 + 2 presses	25+ w/ 3 presses
4	4	4	Goblet Surrender (Heavy)	<20	25-40	45+
3:6	3:6	3:6	ALT Snatch/Goblet Squat (Heavy)	<20	25-40	45+
12	12	12	Butterfly Sit Ups	-	-	-
6	6	6	Half Burpee	-	Burpee	Double Pump Burpee
8	12	15	Skaters	-	-	-

HIIT Side

Focus: HIIT

L1	L2	L3	Exercise:	L1	L2	L3
16	24	30	Lateral SB Squat Walk (total steps)	Light	Heavy	Heavy
10	15	20	Little Man in the Woods	-	-	-
4	8	8	Heismans	-	-	-
12	25	25	Russian Swings (high rep)	<20	25-35	40+
8	8	8	Pull Ups	MYO Low Row	Assisted	Rig
10	10	10	KB Hip Dips	<20	25-35	40+
8	8	8	American Swings	<20	25-35	40+

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- 7 mins				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride- 5 mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride- 3mins				
2:00	CDC- switch OOS/S every 0:30			
	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	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		