



DATE: 12/01/2022  
 FORMAT: Tropical Storm  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	25	25	TC Close Grip Mtn Climbers	-	-	-
10	20	20	Squat Press	<12	15-25	L2 + On TC
10	15	15	Lateral Raise	<8	10-12	15+
8	8	6	SUSU on TC	-	+ Jump	Single Leg
8	8	8	Jack Knives	-	10-12	15+
8	8	8	Straight Arm Pull Throughs	<8	10-12	15+
8	8	8	Shoulder Taps	-	1:1 Inchworm	1:1 Inchworm

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	8	8	Broad Jump Shuffle	-	Holding Slam Ball	Holding Slam Ball
6	8	8	Kneeling Haybaler w KB	<15	20-25	30+
20	30	30	Jumping Jacks	-	-	-
8	8	8	Wall Ball Russian Slams	8	12+ Ft off floor	16+ Ft off floor
8	12	12	MYO Muscle Ups	-	-	-
8	15	15	Box Jumps	16"	20"	24"
8	20	20	Slam Balls	15	20 *Fast	20 *fast

### 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: 7mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (repeat 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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		