



DATE: 12/15/2022
 FORMAT: Thunderstorm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Kneeling Haybalers	<12	15-25	30+
8	8	8	DB Clean/Racked Squat	<12	15-25	30+
4	6	8	Push Up 2 Snatch (each)	<12	15-25	30+
8	8	8	Wide DB Bent Over Row	<12	15-25	30+
12	20	20	Butterfly Sit Ups	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Pull Ups	Myo Low Row	Assisted	Rig
15	25	25	Slam Balls **SPEEEEEED**	15	15-20	20-30
8	10	10	Plank Jacks	-	Floor Tap Jack	Floor Tap Jack
6	8	8	KB Statue of Liberty	<15	20-30	35+
4	5	6	Info Jacks	-	-	-

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- 1 st 12mins				
	Distance Challenge- RPM's 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM's 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
	TC			
	Distance Challenge- RPM's 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM's 70 or more	12	20	25
	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	Wildfire	
Monsoon		
Supernova		