



DATE: 12/21/2022

FORMAT: Tornado *** Wallball Challenge ***

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			Upright Row	<10	12-20	25+
			Push Up/High Plank Bird Dog	-	-	-
			Gorilla Cleans	<10	12-20	25+
			Renegade Row/Half Burpee	<10	12-20	25+
			Bicycle Crunches	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Wallballs ** Have members count REPS! **	8	12-16	16-20
10:10	10:10	10:10	ALT Hammer BR/Hammer BR	-	-	-
10:10	10:10	10:10	BR Slams/ALT BR Jump Lunge	-	-	-
			DAB OTH Stone Carry	Slam Ball	Light	Heavy
			4:4 Slammer Jammer (4 slams, 4 rows)	15	20-30	30-40

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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		