



DATE: 1-21-2023
 FORMAT: Tropical Storm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Reverse Skull Crushers	<10	12-15	20+
15	15	15	Wipers	<10	12-15	20+
12	12	12	ALT Front Raise	<10	15-15	20+
12	12	12	Toe Press Ups	-	-	-
10	10	10	Kick Through/Jump Squat	-	-	-
10	10	10	1.5 Sit Ups	-	-	-
10	10	10	Kneeling Crush Press	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Burpee Back Lunge	-	-	-
6	6	6	KB Samson Press	<15	20-25	30+
10	10	10	MYO High Row	-	Parallel Row	Parallel Row
8	8	8	KB SCP	<15	20-25	30+
8	8	8	SB Curl	Light	Light	Heavy
10	10	10	MYO Knee Tucks	-	-	-
88		8	DAB SB Drag	Light	Light	Heavy

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			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

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		