



DATE: 1-24-2023

FORMAT: Hurricane TIC (0:45/0:15)

AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			Diamond Push Ups	Knees	Toes	Toes
			Weighted Sit Ups	-	8-12	15+
			Gladiators	-	-	-
			1.5 OTH DB Extension	<10	12-15	20+
			Straight Arm Pull Throughs	<10	12-15	20+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			ALT BOSU Hammer BR	-	-	-
			Lateral Shuffle Taps w Wallball	8	12-16	20
			KB Skull Crushers on BOSU	<15	20-25	30+
			BOSU Mtn Climbers	-	-	-
			Wallballs	8	12-16	20

\*\*\* 5 Min Finisher (3c) = .6 on bike, 40 butterfly sit ups, 20 burpees, 10 squat jumps.

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
<b>RR= Recovery Ride</b>	
<b>(20-30 seconds of light work)</b>	

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
0:30	CDC			
	RR			
1:00	CDC (double previous)			
	RR			
1:00	CDC (beat previous)			
	TC			
0:30	CEC			
	RR			
1:00	CEC (double previous)			
	RR			
1:00	CEC (beat previous)			
	TC			

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		