



DATE: 1-25-2023
 FORMAT: Thunderstorm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
6	6	6	ALT Front Lunge/Lateral Raise	<8	10-15	20+
10	15	15	Kneeling Shoulder Press	<12	15-25	30+
8	8	8	ALT Weighted V Up	<8	10-15	20+
4	4	4	Squat Press *Heavy*	As heavy as possible	As heavy as possible	As heavy as possible
10	15	15	Suitcase Swing	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	25:3 BR/Push Ups	-	-	-
8	10	10	SB Step Ups	Light	L1 + ALT Jumping	Heavy + ALT Jumping
.4	.5	.6	Distance on Bike (console)	-	Gear 16+	Gear 19+
6	10	15	Jump Squat/Lunge Combo	-	-	-

Bike Protocol:

<p>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</p> <p>RR= Recovery Ride (20-30 seconds of light work)</p>
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Time	Type	L1	L2	L3
Bike Ride- 1 st 12mins				
	TC			
2:00	Progressive CDC- add 1 gear every 0:30, take 1 gear off last 0:30			
	TC			
1:30	CDC, last 0:30 attempt to increase RPMs by 10			
	TC			
Bike Ride- 2 nd 12mins				
1:00	Progressive CDC- add 1 gear every 0:20, take 1 gear off last 0:20			
	(complete above 3x total)			
	TC			
1:00	Progressive CEC- add 1 gear every 0:20, take 1 gear off last 0:20			
	(complete above 3x total)			
	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		