



DATE: 1-3-2023  
 FORMAT: Thunderstorm  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Step Ups w DB	<10	12-20	25+
10	15	15	Sit Ups (ft on Box)	-	-	-
8	8	8	Single Leg Stand Up	20" +	16"	L2 + Racked Weight
6	15	15	Box Jumps	16"	20"	24"
10	15	15	Goblet Pulse Squat	<10	12-20	25+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Slam Balls	15	15-20	20-30
4	6	6	SB Snatch	Light	Heavy	L2 + Burpee
4	6	6	Broad Jump Shuffle	-	Holding Slam Ball	Holding Slam Ball
4	6	6	KB Sidestep Swing	<20	25-40	45+
10	10	10	Reverse Crunches	-	Hanging Knee	TTB

**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 <sup>st</sup> 12mins				
	TC			
AFAP	Climbing Distance Challenge- add 1 gear every 0.2	0.4	0.6	0.8
	TC			
1:00	CDC- 0:20 S/0:20 OOS/0:20 RR, RPM's stay under 65			
	Repeat CDC 2x, aiming to beat previous			
Bike Ride- 2 <sup>nd</sup> 12mins				
	TC			
AFAP	Climbing Energy Point Challenge- add 1 gear every 0:20	12	18	25
	TC			
	CEC- 0:20 S/0:20 OOS/0:20 RR, RPM's stay under 65			
	Repeat CEC 2x, aiming to beat previous			

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		