



DATE: 2-10-2023
 FORMAT: Hurricane
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Plank Jacks	-	-	-
8	10	10	ALT Back Lunge Clean	<10	12-20	25+
.4	.6	.8	Distance on Bike	-	-	-
8	8	8	DB RDL	<15	20-30	35+
6	6	6	Suitcase Swings	<15	20-30	35+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
25	25	25	Jumping Jacks	-	-	-
10	10	10	SB Back Squats	Light	Light	heavy
10	12	15	Power Skaters	-	-	-
.4	.6	.8	Distance on Bike	-	-	-

*** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 ***

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:				
	TC			
	PELO- Odds vs Evens: First to 0.5			
	RR			
	TC			
	TEAM- Odds vs Evens: First to 25 points			
	RR			
	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		