



DATE: 2-22-2023
 FORMAT: Tropical Storm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	DB Clean & Press	<12	15-25	30+
2	2	2	5:5 Slamball/Slamball Cradle Squat	15	15-20	20+
8	10	12	ALT High Plank Knee to Elbow	-	-	-
8	8	8	ISO Arnold Press	<12	15-25	30+
10	10	10	Crossbody Crunch	-	-	-
8	8	8	Renegade Row/T-Rotation	<12	15-25	30+
8	8	10	Tricep Push Ups	Knees	Toes	Toes

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	MYO Muscle Ups	-	-	-
5	5	5	KB Clean/Back Lunge Press	<15	20-25	30+
7	7	7	Kneeling Haybaler	<15	20-25	30+
4	4	4	Stone Toss (OTS)	Light	Heavy	Heavy
10	12	15	Single Leg Hip Bridge on Box	-	-	-
10	12	15	MYO Push Up	-	-	-
8	8	8	SB Upright Row	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				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride: 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride: 3mins				
2:00	CDC- switch OOS/S every 0:30			
	LMAO			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Earthquake	Typhoon	Funnel- Decreasing a Rep each Round
Flash Flood	Vortex	Reverse Funnel- Adding a Rep each Round
Heatwave	Whirlwind	
Hurricane	Wildfire	
Monsoon		