



DATE: 2-24-2023

FORMAT: Tornado *****Energy Point Ride*****

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

| L1 | L2 | L3 | Exercise: *** 8 Air Jacks at every Transition *** | L1 | L2 | L3 |
|----|----|----|--|----|-------|-----------------|
| | | | ALT Jumping Lunge | - | - | Holding weights |
| | | | DB Crossbody Toe Touches | <8 | 10-12 | 15+ |
| | | | ALT Back to Front Lunge | - | <10 | 12+ |
| | | | 5:5 ALT Leg Raises/V Ups | - | - | - |

HIIT Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: *** 5 Push Ups at every Transition *** | L1 | L2 | L3 |
|----|----|----|---|----|-----|----------|
| | | | ALT Side Lunge/Triple High Knee | - | - | - |
| | | | Box Dips | - | - | MYO Dips |
| | | | Jump Rope | - | ALT | DBLU |
| | | | 10:10 Fast Jacks/Squat Drops | - | - | - |

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: | | | | |
| *** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! *** | | | | |
| | Energy Point Ride: | | | |
| 0:30 | FIRST BIKE RIDE- how many energy points can members get in 30 seconds | | | |
| | Trainers- you are welcome to let members try and beat their point total multiple times during the bike rides, but do not have every bike ride become a challenge | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

| 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 | | |