



DATE: 3-15-2023

FORMAT: Thunderstorm \*\*\* TIC 0:45/0:15 \*\*\*

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			2:2 Tricep Push Ups/Knee to Elbow	-	-	-
			ALT V-Ups	-	-	-
			Hammer Curls	<10	12-20	25+
			ALT L Raises	<8	10-15	20
			Amped Butterfly Sit Ups	-	-	-
			Skull Crushers	<10	12-20	25+

### HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			MYO Bicep Curls	-	-	-
			Plank Jacks	-	-	-
			DAB OTH Stone Carry/5 B.E. Presses	Light KB	Stone	Stone
			MYO roll outs	-	-	-
			10:5 Fast Jacks/Squat Jumps	-	-	-
			ALT Jumping Steps Up	-	-	-

### 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			
2:00	OOS Energy Point Challenge fast drill- high watts! (RR btwn each drill)	5	6	7
	TC			
2:00	S Energy Point Challenge fast drill- high watts! (RR btwn each drill)	5	6	7
	TC/LMAO			
Bike Ride- 2 <sup>nd</sup> 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7 (RR btwn each drill)			
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
	RR			
1:00	High MPH- 0:10 work/0:10 RR			
	LMAO			

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		