



DATE: 3-27-2023

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	2	2	10:10 Lateral Raise/Front Raise	<8	10-15	20+
2	2	2	10:10 Upright Row/DB Shoulder Press	<8	10-15	20+
10	10	10	ALT Close Grip Press	<12	15-30	35+
6	8	10	Sprinters Lunge and Row	<8	10-15	20+
5	5	5	Turkish Twist	<8	10-15	20+
10	10	10	DB Samson Press	<12	15-30	35+
4	6	8	Double Pump Burpee	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	KB V-Press	<15	20-30	35+
10	12	15	Jack Knives on Box	-	-	-
10	15	10	SB Back Squats	Lt	Lt	Hvy
1	2	2	5:5 Wide Push Ups/In & Outs	-	-	-
20	40	60	BR XTR	-	-	-
4	6	8	SB Snatch	Lt	Lt	hvy
10	10	10	MYO Skull Crushers	-	-	-

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				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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	AMRAP- As Many Rounds As Possible
Hurricane	Wildfire	
Monsoon		