



DATE: 3-28-2023  
 FORMAT: Thunderstorm  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Chest/Back

| L1 | L2 | L3 | Exercise:                            | L1  | L2    | L3  |
|----|----|----|--------------------------------------|-----|-------|-----|
| 5  | 5  | 5  | Rotational Rows                      | <12 | 15-30 | 35+ |
| 5  | 5  | 5  | Crush Press on BOSU                  | <12 | 15-30 | 35+ |
| 10 | 10 | 10 | 1:1 BOSU Bus Driver/BOSU Front Raise | -   | -     | -   |
| 10 | 10 | 10 | Reverse Fly                          | <8  | 10-20 | 25+ |
| 10 | 10 | 10 | Fruit Fly on BOSU                    | <8  | 10-20 | 25+ |

### HIIT Side

Focus: Total Body

| L1 | L2 | L3  | Exercise:                                       | L1  | L2    | L3   |
|----|----|-----|-------------------------------------------------|-----|-------|------|
| 15 | 25 | 25  | Double KB Dead Lift (High Rep)                  | <15 | 20-30 | 35+  |
| 50 | 30 | 100 | Jump Rope                                       | -   | DBLU  | DBLU |
| 1  | 1  | 1   | 10:10 DBL KB Russian Swing/ALT KB Bent Over Row | <15 | 20-30 | 35+  |
| 10 | 12 | 15  | Box Dips                                        | -   | -     | -    |
| -  | -  | -   | Distance on Bike (using bike console)           | 0.6 | 0.6   | 0.6  |

### 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 |                                                                                                                                                                                   |    |    |    |
| 2:00                              | Sprint Drills- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance.                                                           |    |    |    |
|                                   | TC                                                                                                                                                                                |    |    |    |
| 2:00                              | High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points.                                                   |    |    |    |
|                                   | TC                                                                                                                                                                                |    |    |    |
|                                   | LMAO                                                                                                                                                                              |    |    |    |
| Bike Ride- 2 <sup>nd</sup> 12mins |                                                                                                                                                                                   |    |    |    |
| 2:00                              | Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min). |    |    |    |
|                                   | TC                                                                                                                                                                                |    |    |    |
| 2:00                              | Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min). |    |    |    |
|                                   | TC                                                                                                                                                                                |    |    |    |
|                                   | LMAO                                                                                                                                                                              |    |    |    |
|                                   |                                                                                                                                                                                   |    |    |    |
|                                   |                                                                                                                                                                                   |    |    |    |
|                                   |                                                                                                                                                                                   |    |    |    |

| Formats<br>(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                                    |                |                                                       |