



DATE: 3-29-2023

FORMAT: Hurricane **TIC 0:45/0:15**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Squat Press to Shuffle	<10	12-20	25+
			Buzz Saw Plank	-	-	-
			DB RDL	<15	20-30	35+
			Statue of Liberty (R)	<15	20-30	35+
			Statue of Liberty (L)	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			American KB Swings	<15	20-40	45+
			Inchworm Broad Jump	-	-	-
			Pull Ups	-	-	-
			MYO Hamstring Curl	-	-	-
			ALT SB Step Up/Lunge	Lt	Lt	Hvy

*** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 ***

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:				
	TC			
2:00	CEC- split class in half, switch half OOS, half S every 0:20.			
	TC			
2:00	Sprints, Seated 0:10 work/0:10 rest	RPMs 90+	RPMs 100+	RPMs 110+
	TC			
2:00	CDC- split class in half, switch half OOS, half S every 0:20.			

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		