



DATE: 3-6-2023

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1:1:1 Push Up/In & Out/Shoulder Taps	-	-	-
			ALT Snatchue of Liberty	<15	20-30	35+
			Gorilla Clean	<15	20-30	35+
			DBL OTH Extension	<8	10-15	20+
			IVT Raise	<8	10-15	20+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			Jump/Jump Shuffle Back	-	-	-
			Kneeling ALT BR	-	-	-
			ALT SB Back Lunge	Light	Light	Heavy
			MYO High Hold	-	-	-
			BR In and Outs	-	-	-

***** HIIT TIC: :30ea exercise: burpee, Jumping Jack, Mt Climber, Yo-Yo, High Knees, Repeat*****

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	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	LMAO			

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		