



DATE: 4-17-2023  
 FORMAT: Tornado  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: *** 3 burpees before every round ***	L1	L2	L3
			4:4 Wide Push Ups/Mtn Climbers	-	-	-
			1:1 Squat Press/Weighted Surrender	<8	10-15	20+
			DB Crossbody Toe Touches	<8	10-15	20+
			Gorilla Cleans	<8	10-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: *** 5 slamballs before every round ***	L1	L2	L3
			SB Burpee Clean	LT	LT	HVY
			Inchworm Broad Jump	-	-	+ push up
			1,2, 3 Lunge	-	-	-
			MYO High Hold	MYO bicep curls	-	-

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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		