



DATE: 4-20-2023

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	1:1 Push Up/Shoulder Tap	-	-	-
6	8	8	1:1 Front Lunge/Back Lunge (do not ALT)	-	<15	20+
8	10	12	Weighted Jack Knives	<8	10-12	15+
10	12	15	Kneeling DB Y Raise	5	8-12	15
10	20	20	Pulse Squats	-	-	-
6	6	7	Atomic Slams	15	15	20
5	5	5	Deadlift ***Heavy***	<20	25-40	45+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	SB B2B Squats	LT	LT	HVY
5	5	5	SB Snatch	LT	LT	HVY
15	15	15	Wallball Jump N Press	8	12-16	20
10	10	10	V Ups w Wallball	8	12	16
10	10	10	Chin Ups	MYO Low Row	Assisted	Rig
8	10	12	1:1 MYO Skull Crushers/MYO Roll Out	-	-	-
6	6	7	SMS Wipers w SB	LT	LT	HVY

### 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			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

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		