



DATE: 4-21-2023

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Goblet Squats	<15	20-30	35+
			4:4 Turkish Twist (4 left, 4 right)	<8	10-12	15+
			Sumo Squat ***Heavy***	<15	20-30	35+
			Butterfly Sit Ups	-	-	-
			Squat Press to Shuffle	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Jump Rope *** Challenge, members count reps, take the highest count ***	-	-	-
			KB Sumo Carriers	<25	30-45	50+
			KB Back Lunge Hooper	<15	20-25	30+
			Wall Balls	8	12-16	20
			Bear Hug Walking Lunges	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			
0:30	CDC, then RR			
1:00	CDC (double previous), then RR			
1:00	CDC (beat previous)			
	TC			
0:30	CEC, then RR			
1:00	CEC (double previous), then RR			
1:00	CEC (beat previous)			
	TC			

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		