



DATE: 4-7-2023

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Back Lunge Press	<8	10-20	25+
12	12	12	Elbow Plank Hip Dips	-	-	-
5	5	5	Racked Squat *Heavy	<15	20-40	45+
12	12	12	V-Ups	-	-	-
5	5	5	Sumo Deadlifts *Heavy	<15	20-40	45+
20	20	20	Flutter Kicks	-	-	-
15	15	15	Goblet Pulse Squats	<15	20-40	45+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Jumping Step Ups	-	-	-
6	8	10	Commander Climbers	-	-	-
30	50	70	ALT Jump Rope	-	-	-
6	8	10	Lateral SB Squat Walks	Lt	Lt	Hvy
10	10	10	Hanging Knee Raise (Rig)	Reverse Crunch	Rig	TTB
5	5	5	Bottoms Up KB Press	<15	20-30	35+
10	10	10	SB Walking Lunges	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			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

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		