



DATE: 5-10-23

FORMAT: Tornado

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: Sea Jumping Lunges before each round	L1	L2	L3
			Hand Release Push Ups	-	-	-
			ALT ISO Surrenders	<10	12-15	20+
			Squat Press *If you pause, weights have to stay OTH*	<10	12-15	20+
			5:5 Knee Up Crunches/Toe Press Ups	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: 5 MYO Roll Outs before each round	L1	L2	L3
			American KB Swings	<15	20-35	40+
			10:10 BR XTR/ALT BR	-	-	-
			2:1 In & Outs/Burpees	-	-	-
			5:5 KB Upright Row/KB OTH Press	<15	20-35	40+

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		