



DATE: 5-17-23

FORMAT: Hurricane **TIC 0:45/0:15 \*\*5 minute AMRAP "Starter" before 15 minute circuits instead of 5 minutes of abs at the end. To be performed in 3C:**

AFTER CLASS STRETCHES: Trainer's Choice

#### STRENGTH Side

Focus: Legs/Abs

| L1 | L2 | L3 | Exercise:                          | L1    | L2           | L3          |
|----|----|----|------------------------------------|-------|--------------|-------------|
| 15 | 15 | 15 | <b>**Starter Exercise**</b> Burpee | Yo-yo | -            | Double Pump |
|    |    |    | DB RDL                             | <15   | 20-30        | 35+         |
|    |    |    | Sumo Pulse Squats                  | -     | Goblet 20-30 | Goblet 35+  |
|    |    |    | Lateral Lateral                    | <5    | 8-12         | 15+         |
|    |    |    | Suitcase Swing                     | <15   | 20-30        | 35+         |
|    |    |    | 4:4 Up and Overs/Toe Press Ups     | -     | -            | -           |

#### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:   | L1  | L2    | L3  |
|----|----|----|---|-----|-------|-----|
| 15 | 15 | 15 | <b>**Starter Exercise**</b> KB Row (ea)   | <15 | 20-35 | 40+ |
|    |    |    | Butterfly Sit Ups * CHALLENGE- have members count reps each time, take the highest count* |     |       |     |
|    |    |    | MYO High Hold   | -   | -     | -   |
|    |    |    | ALT Front Lunge w KB Front Raise  | <15 | 20-35 | 40+ |
|    |    |    | ALT BR  | -   | -     | -   |
|    |    |    | Speed Slams   | 15  | 15    | 20  |

Starter: 3C.

Bike Protocol:

|                                      |
|--------------------------------------|
| <b>Bike Abbreviations</b>            |
| 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               |
| <b>RR= Recovery Ride</b>             |
| <b>(20-30 seconds of light work)</b> |

| Time               | Type  | L1        | L2        | L3        |
|--------------------|---|-----------|-----------|-----------|
| <b>**Starter**</b> | <b>DISTANCE ON CONSOLE</b>                    | <b>.5</b> | <b>.5</b> | <b>.5</b> |
| Bike Ride:         |   |           |           |           |
|                    | TC  |           |           |           |
| 2:00               | Distance Challenge (OOS/S every 0:30) then RR |           |           |           |
|                    | TC  |           |           |           |
| AFAP               | Distance Challenge (Gear 16 or lower) then RR | .3        | .4        | .5        |
|                    | TC  |           |           |           |
|                    | LMAO  |           |           |           |
|                    |   |           |           |           |
|                    |   |           |           |           |
|                    |   |           |           |           |
|                    |   |           |           |           |
|                    |   |           |           |           |

| Formats<br>(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                                      |                |   |