



DATE: 5-19-23

FORMAT: Thunderstorm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	ALT Snatchue of Liberty	<15	20-30	35+
12	12	12	ALT V-Ups	-	-	-
7	7	7	Split Lunge Curl	<10	12-15	20+
15	15	15	Shoulder Taps	-	-	Pike position
5	5	5	Shoulder Press *Heavy*	<20	25-40	45+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	2	2	5:5 KB V Press/Russian Twists	<15	20-30	35+
7	7	7	SB Clean Back Lunge	Lt	Lt	hvy
35	100	100	Jump Rope	-	-	DBLU
10	10	10	ALT BR Jump Lunges	-	-	-
8	8	8	SB Snatch	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- 1 st 12mins				
	TC			
2:00	OOS Energy Point Challenge fast drill- high watts!	5	6	7
(repeat above, 0:15 RR btwn each challenge)				
	TC			
2:00	S Energy Point Challenge fast drill- high watts!	5	6	7
(repeat above, 0:15 RR btwn each challenge)				
	TC/LMAO			
Bike Ride- 2 nd 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7			
(repeat above with 0:15 rest between each challenge)				
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
1:00	High MPH- 0:10 work/0:10 RR			
	LMAO			

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		