



DATE: 5-5-2023

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			ALT Back Lunge w Lateral Raise	<8	10-12	15+
			ALT Single Leg RDL	<10	12-20	25+
			Jack Knives	-	-	-
			5:5 Weighted Skaters to Press	<10	12-20	25+
			Goblet Pulse Squats	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			Jump Rope	-	ALT	DBLU
			Russian KB Swings	<20	25-40	45+
			Kneeling Wallballs	8	12	12+ (Top Target)
			SB Front Loaded Squat (B2B)	Lt	Lt	hvy
			Slamballs	15	20	30

*** 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			
	PELO- Odds vs Evens: First to 0.5			
	RR			
	TC			
	TEAM- Odds vs Evens: First to 25 points			
	RR			
	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		