



DATE: 7-1-2023

FORMAT: Tornado

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: **5 Bosu Burpees before each exercise**	L1	L2	L3
			Knee to Elbow on BOSU	-	-	-
			Commander Push Ups on BOSU	-	-	-
			1:1 Renegade Row/Push up	<10	12-20	25+
			Fruit Fly on BOSU	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: **10 Air Squats before each exercise**	L1	L2	L3
			4:4 Power Skaters/Squat Drops	-	-	-
			Jump Rope	-	DBLU	DBLU
			5:5 ALT Jumping Lunge/Yo-Yo	-	-	-
			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		