



DATE: 6-19-2023

FORMAT: Thunderstorm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ISO Chest Press on TC	<15	20-35	40+
8	8	8	TC DB Bent Over Row	<15	20-30	35+
15	15	15	Crush Press	<12	15-25	30+
15	15	15	DB Pullover/Crunch on TC	<12	15-25	30+
10	10	10	Straight Arm Sit Ups on TC	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	50	70	Kneeling BR In & Out	-	-	-
8	10	12	Spiderman Yo-Yo	-	-	-
10	15	25	American KB Swings	<20	25-40	25-40
6	8	8	Jumping Lunges w/ Wallball	8	12	16+
5	5	5	Inchworm to T- Rotation	-	-	-

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				
	Distance Challenge- RPM's 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM's 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
	TC			
	Distance Challenge- RPM's 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM's 70 or more	12	20	25
	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		