



DATE: 6-21-2023

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

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Goblet Pulse Squats	<15	20-30	35+
			4:4 Mtn Climbers/Shoulder Taps	-	-	-
			Weighted Sit Ups	<10	12-20	25+
			ALT Back Lunge Twist w Slamball	15	15+	15+
			High Knees Holding Slamball	15	15	15

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			KB Russian Swings	<15	20-35	40+
			Jump Rope	-	ALT	DBLU
			ALT PLYO Lateral Lunge	-	-	-
			Box Jumps	16"	20"	24"
			MYO Knee Tucks	-	-	-

\*\*\* 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, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	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		