



DATE: 6-5-23

FORMAT: Hurricane

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise:                           | L1  | L2    | L3  |
|----|----|----|-------------------------------------|-----|-------|-----|
| 8  | 8  | 8  | Kneeling Haybalers                  | <10 | 12-20 | 25+ |
| 8  | 8  | 8  | Racked Lateral Lunge/Press          | <10 | 12-20 | 25+ |
| 12 | 12 | 12 | Reverse Fly                         | <10 | 12-20 | 25+ |
| 5  | 5  | 5  | Press Jack Duo                      | <10 | 12-20 | 25+ |
| .5 | .5 | .5 | Distance on Bike (use bike console) | -   | -     | -   |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:                           | L1 | L2    | L3  |
|----|----|----|-------------------------------------|----|-------|-----|
| 8  | 8  | 8  | MYO Jump Squat/Lunge Combo          | -  | -     | -   |
| 10 | 15 | 15 | Wallballs                           | 8  | 12-16 | 20  |
| .5 | .5 | .5 | Distance on Bike (use bike console) | -  | -     | -   |
| 30 | 40 | 50 | Kneeling BR                         | -  | -     | -   |
| 2  | 2  | 2  | 5:5 SB Bent Over Row/Shoulder Press | Lt | Lt    | hvy |

\*\*\* 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:

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bike Abbreviations</b><br>OOS – Out Of Saddle<br>S – Seated<br>SP – Sprint<br>C – Climb<br>TC –Trainer's Choice<br>(Sprint, Climb, Tier etc.)<br>*No CHALLENGES on TC*<br>LMAO – Last Minute All Out<br>CEC- Class Energy Challenge<br>CDC- Class Distance Challenge<br>CCC- Class Calorie Challenge<br>AFAP- As Far/Fast as Possible<br>EMOM- Every Minute on the Minute<br>EHM- Every Half Minute<br><br><b>RR= Recovery Ride</b><br><b>(20-30 seconds of light work)</b> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

| Time       | Type                                                          | L1       | L2        | L3        |
|------------|---------------------------------------------------------------|----------|-----------|-----------|
| Bike Ride: |                                                               |          |           |           |
|            | TC                                                            |          |           |           |
| 2:00       | CEC- split class in half, switch half OOS, half S every 0:20. |          |           |           |
|            | TC                                                            |          |           |           |
| 2:00       | Sprints, Seated<br>0:10 work/0:10 rest                        | RPMs 90+ | RPMs 100+ | RPMs 110+ |
|            | TC                                                            |          |           |           |
| 2:00       | CDC- split class in half, switch half OOS, half S every 0:20. |          |           |           |
|            |                                                               |          |           |           |
|            |                                                               |          |           |           |

| Formats<br>(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                                      |                |                                                       |