



DATE: 7-14-2023
 FORMAT: Tornado
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise: **Transition Exercise: 5 Push Ups	L1	L2	L3
			Goblet Squat	<15	20-30	35+
			Russian Twist w DB	<10	12-15	20
			Sumo Pulse Squats	-	-	-
			Plank ALT Hip Dips	-	-	-

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: **Transition Exercise: 4 OTS stone toss	L1	L2	L3
			OTH SB Walking Lunge	Lt	Lt	hvy
			Stone Squat and Throw	Lt	Lt	hvy
			SB Snatch	Lt	Lt	hvy
			SB Front Squat	Lt	Lt	hvy

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	Tropical Storm	Revolution- Members Split on the circuits first
Blizzard	Thunderstorm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Typhoon	TIC- Timed Interval Circuit
Doomsday	Vortex	ORA- One Round Assault
Heatwave	Whirlwind	Funnel- Decreasing a Rep each Round
Hurricane	Wildfire	Reverse Funnel- Adding a Rep each Round
Monsoon		AMRAP- As Many Rounds As Possible
Sandstorm		
Tornado		