



DATE: 7-3-23

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	5:5 Tricep Push Ups/Commander Push Ups	-	-	-
8	8	8	Back Lunge/Front Raise	<10	12-15	20
8	8	8	Single Arm Rocky Press	<10	12-15	20
10	15	15	Weighted Jack Knives	<10	12-15	20
10	10	10	Suitcase Swings	<12	15-25	30+
10	10	10	ISO Hold Static Lunge	<10	12-20	25+
5	5	5	Push Up 2 Snatch	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Box Jumps	16"	20"	24"
15	15	15	MYO Muscle Ups	-	-	-
8	8	8	Broad Jump Shuffle	-	Holding Slamball	Holding Slamball
12	12	12	MYO Skull Crushers	-	-	-
8	10	12	PLYO Step Ups	-	-	-
15	15	15	Fast Jacks	20	20	20
15	15	15	Box Dips	15	15	15

### 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: 7mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

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		