



DATE: 7-31-23

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			Bent over Row	<12	15-30	L2 + On TC
			Chest Fly on TC	<12	15-30	35+
			Back Ext on TC	-	-	-
			Decline Push Up on TC	-	-	-
			TC Press	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			ALT Jump Rope	-	-	DBLU
			Pull Ups	MYO High Row	ASST.	As many as possible + Dead Hang until end
			5:5 Box Jumps/Jumping Jacks	16"	20"	24"
			5:5 ALT KB Russian Swings/KB Upright Row	<20	25-40	45
			1:1 ALT Kick Through/In & Outs	-	-	-

*** 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			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	LMAO			

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		