



DATE:8-7-23

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	V-Ups	-	-	-
8	8	8	Inchworm to T-Rotation	-	-	-
10	12	15	Jumping Jacks w Slamball OTH	15	20	20
10	10	10	Crush Press	<12	15-25	30+
7	7	7	Larsen Press	<12	15-25	30+
5	5	5	ISO Hold Surrender	<12	15-25	30+
10	15	20	Push Ups	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	MYO Mtn Climbers	-	-	-
8	12	12	SB Front Squat Press	Lt	Lt	hvy
8	12	12	SB Step Ups	Lt	Lt	hvy
8	10	12	MYO Muscle Up	-	-	-
7	7	7	Box Jumps	16"	20"	24"
10	10	10	Reverse Crunches	-	Hanging Knee Raise	TTB
10	10	10	Wallballs	<16	20 (low target)	20 (high Target)

### 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				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride: 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride: 3mins				
2:00	CDC- switch OOS/S every 0:30			
	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		