



DATE: 8-26-23
 FORMAT: Tropical Storm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	4	4	Around the World Lunges	-	-	-
8	8	8	1.5 Curls	<12	15-20	25+
7	7	7	Single Arm Rocky Press	<12	15-20	25+
10	10	10	Reverse Fly	<12	15-20	25+
8	8	10	Stone Squat	Lt	Hvy	hvy
5	5	5	Launchers	-	-	-
15	15	15	Leg Raises	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Commander Climbers	-	-	-
40	60	80	ALT Jump Rope	-	-	-
10	14	18	Lateral SB Squat Walks (Total)	Lt	Lt	hvy
10	10	10	Hanging Knee Raises	Reverse crunch	Rig	TTB
8	8	8	Bottoms Up KB Press	<10	15-25	30+
10	14	18	SB Walking Lunges (total)	Lt	Hvy	hvy
4	10	10	Pull Ups	Asst.	Asst	rig

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				
0:30	Class High MPH- complete 3x, 0:30 RR between each			
	TC			
	LMAO			
Bike Ride: 5mins				
0:20	Class High MPH- complete 3x, 0:20 RR between each			
	TC			
Bike Ride: 3mins				
AFAP	Distance Challenge	.4	.6	.8

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		