



DATE: 9-11-23

FORMAT: Tornado

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: <b>**transition exercise:</b> 3 Burpees	L1	L2	L3
			Double Snatch w/ Squat Jump	<10	12-20	25
			Dragon Flies	<10	12-20	25
			ALT Renegade Row/Kickback	<10	12-15	20
			DB Rover	<10	12-20	25

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>**transition exercise:</b> 3 Burpees,	L1	L2	L3
			Back Lunge Hooper	<15	20-30	35+
			1,2,3 Lunge	-	-	-
			Lateral Shuffle Taps w 10 High Knees B.E.	-	Hold WB	Holding WB
			ALT KB Russian Swings	<15	20-30	35+

### 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		