



DATE: 9-19-23

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Single Arm Dead Lift	<12	15-30	35+
20	20	20	Kneeling Slam Balls	15	15+	15+
15	15	15	OTH Extension	<15	20-30	35+
8	8	8	PLYO Sprinters Lunge	-	<8	10+
15	15	15	DB Jump n' Press	<10	12-20	25+
10	10	10	Arnold Press	<10	12-20	25+
10	10	10	Jack Knives	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	MYO Muscle Ups	-	-	-
8	10	10	Jumping Step Ups	-	-	Sb on Back
30	40	50	ALT BR	-	-	-
4	5	5	ALT Lateral Lunge/Triple High Knee	-	-	Sb on back
4	5	6	Spider Push Ups	-	-	-
15	15	15	Soccer Taps on SB	-	-	-
5	5	5	1:1 Bulgarian Lunge ft. on box/KB Halo	<10	15-20	25+

### 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	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		