



DATE: 9-20-23

FORMAT: Thunderstorm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			2 Rounds before moving on:			
12	12	12	ALT Chest Fly on TC	<10	12-20	25+
5	5	5	Incline Chest Press on TC *heavy	<20	25-40	45+
10	10	10	Decline Push up on TC	Knees	Toes	+ Shoulder Tap
			2 Rounds before moving on:			
8	8	8	DB Row/In and Out	<10	12-20	25+
10	10	10	DB Pull Over/Crunch on TC	<15	20-30	35+
10	10	10	Straight Arm Pull Throughs	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	12	MYO Chest Press	-	Ft behind rig	Ft Behind Rig
15	20	25	KB Russian Swings	<15	20-35	40+
8	8	8	KB Samson Press	<15	20-25	30+
8	8	10	SB Front Loaded Squat (B2B)	Lt	hvy	hvy
8	8	8	Single Sided Walking Lunges w/ SB	Lt	Hvy	hvy
5	5	5	Broad Jumps	-	-	-

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- 1 st 12mins				
	Distance Challenge- RPM's 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM's 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
	TC			
	Distance Challenge- RPM's 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM's 70 or more	12	20	25
	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		