



DATE: 9-29-2023

FORMAT: Hurricane **TIC 0:45/0:15**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	Starter: Squat Drop			
			3:3 (R/L) Bulgarian Lunge on BOSU	-	<10	12+
			Weighted Sit Ups on BOSU	<10	12-20	25+
			Goblet Squat	<15	20-30	35+
			ALT Single Leg V-Up on BOSU	-	-	-
			ALT Surrender	-	<10	12+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Starter: MYO Roll Out	-	-	-
			MYO Hamstring Curls	-	-	-
			5:5 Single Leg Jump Rope (5 on each leg)	-	-	-
			SB Lateral Drag	Lt	Lt	hvy
			Heismans	-	-	-
			Hanging Knee Raises (rig)	Reverse crunch	-	-

***** NO Abs at end: 3C 5 min Starter at beginning of class *****

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:				
	Starter: Distance 0.3 (use bike console)			
	TC			
0:30	CDC, then RR			
1:00	CDC (double previous), then RR			
1:00	CDC (beat previous)			
	TC			
0:30	CEC, then RR			
1:00	CEC (double previous), then RR			
1:00	CEC (beat previous)			
	TC			

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		