



DATE: 9-4-23

FORMAT: Tropical Storm

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	B-Stance Goblet Squat	<10	12-20	25+
10	12	15	Triceps Push Up on TC	-	-	-
10	10	10	Arnold Press	<10	12-25	30+
10	10	10	ALT Crossbody Hammer Curls	<10	12-20	25+
8	10	12	Jack Knives on TC	-	-	-
8	8	8	Elevated RDL on TC	<10	12-20	25+
12	12	12	Chest Fly on TC	<10	12-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Skaters	-	Holding wallball	Holding wallball
8	8	8	KB Windmill	<15	20-30	35+
10	15	20	Spider Climbers	-	-	-
10	15	20	Squat Drops	-	Holding Wallball	Holding Wallball
8	8	8	ALT Bear Hug Front Lunge	Lt	Lt	hvy
30	40	50	Hammer BR	-	-	-
5	5	5	SB Burpee Clean	Lt	Lt	hvy

### Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>
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Time	Type	L1	L2	L3
Bike Ride: 7mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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		