



DATE: 9-8-23

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

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>Starter: Swing Snatch</b>	<12	15-25	30+
			5:5 Skull Crushers/Close Grip Press	<10	12-20	25+
			2:2 Hammer Curl/Reverse Curl	<10	12-20	25+
			4:4 Full Sit Ups/Crunches	-	-	-
			3:3 Kickbacks/Straight Arm Pull Throughs	<10	12-15	20+
			2:2 Bottom Half Curl/Top Half Curl	<10	12-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	<b>Starter: KB SCP</b>	<15	20-35	40+
			Double KB Deadlift	<15	20-35	40+
			Jump Rope	-	-	-
			KB Farmers Carry	<15	20-35	40+
			Box Dips	-	-	-
			Box Jumps	16"	20"	24"

**\*\* NO Abs for Today- 5 Min 3C Starter \*\***

### 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:				
	<b>Starter: Distance</b>	.3	.4	.5
	TC			
	PELO- Odds vs Evens, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	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		