



DATE: 10-11-23

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

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Quads/Glutes

L1	L2	L3	Exercise:	L1	L2	L3
			Bulgarian Lunge on TC (R)	-	<10	12+
			Bulgarian Lunge on TC (L)	-	<10	12+
			Single Leg Hip Bridge on TC (R)	-	Weighted	weighted
			Single Leg Hip Bridge on TC (L)	-	Weighted	weighted
			Racked Squat on TC	<10	12-15	20+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: <b>** WALLBALL CHALLENGE **</b>	L1	L2	L3
			Wallballs- have members count their reps each time!	8-12	16	20
			MYO Blast Off Squat	-	-	-
			SB Back Squat	Lt	Lt	hvy
			KB Double Double	<15	20-30	35+
			Jump Rope	-	-	-

\*\*\* 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 \*\*\*

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:				
	TC			
	PELO- Odds vs Evens: First to 0.5			
	RR			
	TC			
	TEAM- Odds vs Evens: First to 25 points			
	RR			
	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		