



DATE: 10-14-23

FORMAT: Tornado

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Hamstrings/Squads/Glutes

L1	L2	L3	Exercise: **transition exercise: 7 Sumo Squats	L1	L2	L3
			DB Squat/Upright Row	<10	12-20	25+
			ISO Hold ALT Surrender	<8	10-15	20+
			Swing Squat Complex	<10	12-15	20+
			ALT Single Leg RDL	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: **transition exercise: 3 Burpees	L1	L2	L3
			SB Clean	Lt	Lt	hvy
			Jump Squat/Lunge Combo	-	-	-
			Pull Ups	ASST	ASST	Rig + Dead hang
			Wallball Roll Outs	-	-	-

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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		