



DATE: 10-26-23
 FORMAT: Tropical Storm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Back/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	Rear Delt Raise	<8	10-15	20
20	20	20	OTH Extension	<12	15-25	30+
15	15	15	Supinated Row	<12	15-25	30+
15	15	15	Superman	-	-	-
7	7	7	Kickbacks	<8	10-15	20
7	7	7	Diamond Push Ups	-	-	-
7	7	7	Renegade Row	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	SB Snatch	Lt	Lt	hvy
15	15	15	MYO Hamstring Curl	-	-	-
7	7	7	SB Step Up/Back Lunge	Lt	Lt	hvy
7	7	7	Lateral Shuffle Tap	-	-	-
14	18	22	DAB SB Drag (Total Drags)	Lt	Lt	hvy
5	5	5	DAB Jumping Inchworm PU	-	-	-
5	5	5	MYO Muscle Up	-	-	-

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: 7mins				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride: 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride: 3mins				
2:00	CDC- switch OOS/S every 0:30			
	LMAO			

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Heatwave	Typhoon	Funnel- Decreasing a Rep each Round
Hurricane	Vortex	Reverse Funnel- Adding a Rep each Round
Monsoon	Whirlwind	AMRAP- As Many Rounds As Possible
Riptide	Wildfire	
Sandstorm		