



DATE: 10-27-23

FORMAT: Hurricane TIC 0:45/0:15

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Lower Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			BOSU Lateral Hops w/ DB	<8	10-15	20
			1.5 Goblet Squat	<8	10-15	20+
			Lateral Lunge (R)	-	8 (goblet)	10+ (goblet)
			Lateral Lunge (L)	-	8 (goblet)	10+ (goblet)
			SUMO Squat	-	8-15 (racked)	20+ (racked)

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: *Wallball Challenge*	L1	L2	L3
			Wallballs *have members count their reps- take the HIGHEST of the three*	8-12	16	20
			DAB OTH Stone Carry	Lt	Lt	hvy
			Burpees	-	-	-
			SB Front Loaded Squat	Lt	Lt	Lt + B2B
			KB Russian Swings	<15	20-30	35+

*** 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			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	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		