



DATE: 11-10-23
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Bicep/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Twisted Curl	<10	12-15	20+
12	12	12	Kickbacks	<10	12-15	20+
10	10	10	Front Loaded Hammer Curl	<10	12-15	20+
10	10	10	OTH Extension	<15	20-35	40+
8	8	8	Reverse Curls	<10	12-15	20+
8	8	8	Diamond Push Ups	Knees	Toes	Toes
8	8	8	Top Half Curls	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	KB Figure 8	<15	20-35	40+
30	40	50	BR XTR	-	-	-
10	10	10	KB Pullover on Box	<15	20-35	40+
7	7	7	Lateral SB Step Up	Lt	Lt	hvy
7	7	7	KB Samson Press	<15	20-25	30+
30	20	50	Jump Rope	-	DBLU	DBLU
10	20	20	KB Russian Swing	<15	20-35	40+

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

Time	Type	L1	L2	L3
Bike Ride: 7mins				
0:30	Class High MPH- complete 3x, 0:30 RR between each			
	TC			
	LMAO			
Bike Ride: 5mins				
0:20	Class High MPH- complete 3x, 0:20 RR between each			
	TC			
Bike Ride: 3mins				
AFAP	Distance Challenge	.4	.6	.8

Format & Rotation Options

Revolution- Members Split on the circuits first
 3C- Members Distribute Evenly on Bike, Strength, HIIT
 TIC- Timed Interval Circuit
 ORA- One Round Assault
 Funnel- Decreasing a Rep each Round
 Reverse Funnel- Adding a Rep each Round
 AMRAP- As Many Rounds As Possible

Recovery Protocol:

Lying Down Internal Twist and Reach
 Standing Triceps Extend and Reach
 Hand Behind Back
 Lying Spinal Twist
 Arm Across Stretch