



DATE: 11-29-23

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

STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			Full Sit Ups	-	Weighted	weighted
			Swing Snatch	<10	12-25	30+
			Crush Press	<10	12-25	30+
			Dragon Flies	<10	12-25	30+
			Elbow Plank	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			DAB OTH Stone Carry	Lt	Lt	hvy
			Jump Rope	-	ALT	DBLU
			MYO Straight Leg Sit Up (ft in MYO)	-	-	-
			Pull Up	MYO Low Row	ASST.	Rig
			DAB Bear Crawl w 5 B.E. Push Ups	-	-	-

*** 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

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
	PELO- Odds vs Evens, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	TC			

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:
Standing Figure 4 and Bend
Standing Hamstring with Toe Up
Heel Press
Standing Quad Stretch
Lying Leg Raise