



DATE: 11-07-23

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

STRENGTH Side

Focus: Total Body (Endurance)

L1	L2	L3	Exercise:	L1	L2	L3
			Center Hold Squat	<15	20-35	40+
			ALT Bicep Curls	<8	10-20	25+
			Chest Press	<15	20-40	45+
			Weighted Sit Up	<8	10-15	20+
			ALT Skull Crushers	<8	10-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Russian Twists w/ Wallball	8-12	16	20
			Wallballs	8-12	16	20
			Slammer Jammer	15	20	20
			SB Clean	Lt	Lt	hvy
			American KB Swing	<20	25-40	45+

*** 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			
2:00	CEC- split class in half, switch half OOS, half S every 0:20.			
	TC			
2:00	Sprints, Seated 0:10 work/0:10 rest	RPMs 90+	RPMs 100+	RPMs 110+
	TC			
2:00	CDC- split class in half, switch half OOS, half S every 0:20.			

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:

Cobra (2x)
Heel Press
Side Lying Knee Bend
Lying Down Internal Twist and Reach
Hand Behind Back