



DATE: 12-16-2023
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	L Raise	<8	10-15	20
10	10	10	BOSU SMS	-	-	-
5	5	5	Push Press	<15	20-30	35+
8	8	8	Single Arm Hollow Press	<15	20-30	35+
15	15	15	Hand Release Push Up	-	-	-
15	15	15	Superman/Lat Pull	-	-	-
8	8	8	ALT Skull Crushers	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	15	Box Jumps	16"	20"	24"
5	5	5	Stone Crushers	Lt	Lt	hvy
5	6	6	2:2 Wallballs/Squat holding Wallball	8-12	16	20
2	2	2	DAB SB Drag, 10 Mtn Climbers on B.E.	Lt	Lt	hvy
8	10	12	MYO Chest Press	-	-	-
10	10	10	Wallball Holders	8-12	16	20
10	10	10	SB Bicep Curls	Lt	Lt	hvy

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				
	TC			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

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:

Cat/Cobra
Heel Press
Standing Triceps Extend and Reach
Butterfly Stretch
DownDog 2x