



DATE: 12-27-23
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Shoulders/Core

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Rear Delt Raise	<8	10-12	15+
15	15	15	Full Sit Ups	-	-	-
10	10	10	Kneeling DB Y-Raise	<8	10-12	15+
10	10	10	ALT High Plank Knee 2 Elbow	-	-	-
8	8	8	Lateral Raise	<10	12-15	20+
20	20	20	Crunches	-	-	-
7	7	7	DB Clean & Press	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Rainbow Slams	15+	15+	15+
10	10	10	MYO I Raise	-	-	-
30	30	30	Jump Rope	-	ALT	DBLU
7	7	7	KB Step Up	<15	20-30	35+
15	15	15	Wallballs	8-12	16	20
8	10	12	Burpees	-	-	-
7	7	7	KB Bulgarian Split Squat on Box	<15	20-30	35+

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				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride: 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride: 3mins				
2:00	CDC- switch OOS/S every 0:30			
	LMAO			

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:

Seated Glute Stretch
Bear Hug Stretch/Butterfly Stretch
Lying Arm Reach
Cobra/Down Dog
Hand on Head Twist