



DATE: 12-6-23
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	17	20	V-Ups	-	-	-
7	7	7	ALT Snatch	<15	20-35	40+
10	10	10	Rear Delt Raise	<8	10-15	20+
7	7	7	Single Arm Squat/High Row	<15	20-35	40+
7	7	7	Alt Back Lunge Clean	<10	12-20	25+
8	8	8	ISO Shoulder Press	<10	12-20	25+
10	10	10	Wipers	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Slamballs	15	15+	15+
8	8	8	Bottoms Up KB Press	<15	20	25+
8	10	12	ALT Russian Swing	<20	25-40	25-40+
5	5	5	KB Row Duo	<20	25-40	25-40+
40	40	40	ALT Hammer Battle Rope	-	-	-
10	10	12	MYO hanging Knee Raises	-	Rig	TTB
5	5	5	Burpee	-	-	-

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			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

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
 Heel Press
 Standing Hamstring with Toe Up
 Lying Down Internal Twist and Reach
 Side Lying Knee Bend