



DATE: 1-12-24
FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	Surrender Duo	<12	15-20	25+
10	10	10	Gorilla Cleans	<12	15-20	25+
6	8	10	DB Squat/High Row	<12	15-20	25+
8	8	8	Sprinters Lunge and Row	<12	15-20	25+
12	12	12	Seated Shoulder Press	<12	15-20	25+
12	12	12	3 Point Crunches	-	-	-
8	8	8	ALT Close Grip Press	<12	15-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ALT Back Lunge Hooper	<20	25-35	40+
6	8	10	Wallball Holders	8	12-16	20
8	8	8	Single Arm KB Press	<10	15-20	25+
8	10	10	Box Dips	-	Lt SB on lap	Hvy SB
10	10	10	MYO Hamstring Runners	-	-	-
6	8	8	Jumping Step Ups	-	-	weighted
4	6	8	Jump/Jump Shuffle Back	-	-	-

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			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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
Lying Leg Raise
Palm Press
Cat/Cow
Hand on Head Twist