



DATE: 1-16-24
 FORMAT: Thunderstorm

STRENGTH Side

Focus: Lower Body/Abs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Offset Goblet Squat on BOSU	Body Weight	15-25	30+
4	6	6	BOSU Sprinter's Lunge	Body Weight	<15	20+
10	15	25	Flutter Kicks (ea)	-	-	-
6	8	8	DB Back Lunge Haybalers	<10	15-25	30+
10	15	15	Single Leg Hip Bridge on BOSU	-	Weighted	weighted
6	8	10	1.5 Sit-Ups	-	Weighted	weighted

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	1, 2, 3 Lunge (total)	-	Fast	faster
12	15	20	Wallballs	8	12-16	20
6	8	8	Single Leg SB Row (ea)	Lt	Lt	hvy
60	80	100	ALT BR	-	-	-

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- 1st 12mins				
2:00	Sprint Drills- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance.			
	TC			
2:00	High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points.			
	TC			
	LMAO			
Bike Ride- 2nd 12mins				
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
	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:
Side Lying Knee Bend
Side to Side Neck Flow/Up and Down Neck Flow
Sprinters Rotational Stretch
Lying Down Figure 4
Sprinter/Hamstring Flow