



DATE: 1-1-24
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	1.5 Curls	<10	12-15	20+
12	15	20	Triceps Push Ups	-	-	-
4	5	6	Launchers	-	-	-
15	20	20	Lateral Raises	<8	10-12	15+
5	5	5	Sumo Deadlift	<20	25-40	45+
15	15	15	Leg Raises	-	-	-
7	7	7	Squat Press	<15	20-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Air Jacks	-	-	-
12	12	12	Wallball Holders	12	16	20
7	7	7	Jumping Lunges w Wallball	8-12	16	20
10	10	10	Pull Ups	ASST	ASST	RIG
10	10	10	SB Back Squat	Lt	Lt	Hvy
10	10	10	ALT KB Gorilla Row	<15	20-30	35+
5	5	5	ALT Plank Kick Through	-	-	-

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				
0:30	Class High MPH- complete 3x, 0:30 RR between each *Zone 4 goal for 1 st and 2 nd , Zone 5 goal for the 3 rd *			
	TC			
	LMAO			
Bike Ride: 5mins				
0:20	Class High MPH- complete 3x, 0:20 RR between each *Zone 4 goal for 1 st and 2 nd , Zone 5 goal for the 3 rd *			
	TC			
Bike Ride: 3mins				
AFAP	Distance Challenge	.4	.6	.8
	*Zone 5 is the goal for the last 30 seconds of the ride *			

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:

Lying Down Internal Twist and Reach
Standing Tricep Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach