



DATE: 1-22-24

FORMAT: Hurricane **TIC 0:45/0:15**

STRENGTH Side

Focus: Arms/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			3:3 Upright Row/Supinated Shoulder Press	<10	12-20	25+
			Katana Extension (5 ea)	<10	12-15	20+
			2:2 Weighted Skaters to Press	<10	12-15	20+
			21's	<10	12-20	25+
			Reverse Skull Crusher	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Wallballs	8	12-16	20
			Atomic Broad Jump	-	-	-
			SB Snatch	Lt	Hvy	Hvy+OTH squat
			Stone Crushers	Lt	Lt	Hvy
			SB Good Mornings	Lt	Hvy	Hvy + alt back lunge

*** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 ***

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:				
	TC			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	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:

Lying Spinal Twist
Crossbody IT Band Stretch
Standing Triceps Extend and Reach
Cat/Cobra
Hand Behind Back