



DATE: 1-3-24
 FORMAT: Thunderstorm

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Kickbacks	<8	10-12	15+
8	8	8	Up and Overs	-	-	-
8	10	12	Pike Push Ups	-	-	-
8	8	8	45 Degree Curl	<10	12-20	25+
8	8	8	Reverse Crunches/Knee Up Crunches	-	-	-
-	-	-	21's	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	1:5 MYO Plank Walk/Knee Tuck	-	-	-
2	2	3	5:2 Slamballs/Burpee	15+	15+	15+
10	12	15	Box Dips	-	-	-
10	20	20	American KB Swings	<20	25-35	40+

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- 1 st 12mins				
	TC			
2:00	OOS Energy Point Challenge fast drill- high watts!	5	6	7
	(repeat above, 0:15 rest btwn each challenge)			
	TC			
2:00	S Energy Point Challenge fast drill- high watts!	5	6	7
	TC/LMAO			
Bike Ride- 2 nd 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7 (repeat with 0:15 rest between each challenge)			
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
1:00	High MPH- 0:10 work/0:10 RR			
	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
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/DownDog