



DATE: 1-9-24

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

STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|----------------------------|-----|-------|-------------|
| | | | 45 on BOSU | <15 | 20-25 | 30+ |
| | | | 5:5 Bent Over Row/Shrugs | <15 | 20-25 | 30+ on BOSU |
| | | | Jack Press | <15 | 20-25 | 30+ |
| | | | Front Lunge to Chest Scoop | <15 | 20-25 | 30+ |
| | | | BOSU Lateral Hops w/ DB | <15 | 20-25 | 30+ |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|------------------------------|-----|-------|-----|
| | | | 5:5 MYO High Row/MYO I Raise | - | - | - |
| | | | American KB Swings | <20 | 25-45 | 50+ |
| | | | MYO Roll Outs | - | - | - |
| | | | BR In and Outs | - | - | - |
| | | | KB Figure 8's | <20 | 25-45 | 50+ |

*** 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:

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|----------------------------------|
| 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 | | | |
| | PELO- Odds vs Evens: First to 0.5 | | | |
| | RR | | | |
| | TC | | | |
| | TEAM- Odds vs Evens: First to 25 points | | | |
| | RR | | | |
| | TC | | | |
| | | | | |

Format & Rotation Options

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| 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:

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|-----------------------------------|
| Standing Triceps Extend and Reach |
| Side Reach |
| Palm Press |
| Lying Arm Reach |
| Seated Glute Stretch |