



DATE: 2-1-24
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	Push Ups *to failure*	Knees	Toes	Elevated
15	20	20	Back Ext on TC *high rep*	-	-	Weighted
15	20	20	Chest Fly on TC	<10	12-15	20+
8	8	8	ISO Chest Press on TC	<10	12-15	20+
8	8	8	DB Row on TC	<15	20-25	30+
8	8	8	DB Pullover/Crunch on TC	<15	20-25	30+
5	8	8	Crush Press on TC	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	10	Pike Shoulder Tap (ft on Box)	-	-	-
6	8	10	Russian KB Swings	15-20	25-30	35+
8	10	12	MYO Roll Outs	-	-	-
20	30	40	Hammer BR	-	-	-
6	8	10	KB Upright Row	15-20	25	30+
4	6	8	Burpee	-	-	+2 push ups
20	20	20	B2B Squats (high reps/speed)	-	-	-

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				
	TC			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

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:

Cross Body IT Band Stretch
Standing Triceps Extend and Reach
Standing Quad Stretch
Standing Hamstring w Toe Up
Heel Press