



DATE: 2-20-24

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

STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			ALT Back Lunge/Front Raise	-	8-15	20+
			ALT Hammer Curls	<12	15-20	25+
			Kneeling DB Y-Raise	<10	12	15+
			ALT Snatch	<15	20-30	35+
			Crab Toe Touch	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Box Dips	-	Lt SB	Hvy SB
			KB Russian Swings	15-20	25-35	40+
			SB Bicep Curls	Lt	Lt	Hvy
			BR XTR	-	-	-
			3:3 DBL KB Row/Deadlift	15	20-30	35+

*** 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			
	PELO- Odds vs Evens, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	TC			

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:

Standing Figure 4 and Bend

Standing Hamstring with Toe Up

Heel Press

Standing Quad Stretch

Lying Leg Raise