



DATE: 2-23-24
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-----------------------------|-----|-------|-----|
| 8 | 10 | 12 | ALT Commander Push Ups (TL) | - | - | - |
| 12 | 12 | 15 | DB Crossbody Toe Touches | <10 | 12 | 15 |
| 6 | 8 | 8 | OTH Surrender | <10 | 12 | 15 |
| 8 | 8 | 8 | Dragon Fly | <10 | 12-15 | 20+ |
| 12 | 12 | 12 | Weighted Sit Up | <10 | 12-15 | 20+ |
| 8 | 8 | 8 | Snatchue of Liberty | <10 | 12-15 | 20+ |
| 10 | 10 | 10 | Kneeling Crush Press | <10 | 12-15 | 20+ |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-----------------------------------|-----|-------|-----|
| 15 | 15 | 15 | American KB Swing | <15 | 20-25 | 30+ |
| 8 | 10 | 10 | SB Push Up Lateral Drag | Lt | Lt | Hvy |
| 12 | 12 | 12 | Slamballs *fast | 15 | 20 | 20 |
| 4 | 6 | 6 | KB High Pull | <15 | 20 | 25 |
| 6 | 8 | 8 | KB Samson Press | <15 | 20 | 25+ |
| 6 | 8 | 10 | 1,2,3 Lunge (TL) | - | - | - |
| 6 | 8 | 8 | ALT Slamball OTH Front Lunge (TL) | 15 | 20 | 25+ |

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: 7mins | | | | |
| | Distance Challenge- switch OOS/S every .2 | .4 | .6 | .8 |
| | TC | | | |
| | | | | |
| | | | | |
| Bike Ride: 5mins | | | | |
| | Distance Challenge- switch OOS/S every 0:30 | .3 | .5 | .7 |
| | TC | | | |
| | | | | |
| Bike Ride: 3mins | | | | |
| 2:00 | CDC- switch OOS/S every 0:30 | | | |
| | LMAO | | | |
| | | | | |

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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| Seated Glute Stretch |
| Cat/Cow |
| Hand on Head Twist |
| Lying Arm Reach |
| Side to Side Neck Flow/Up and Down Neck Flow |