



DATE: 2-8-24

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

### STRENGTH Side

Focus: Total Body (Endurance)

L1	L2	L3	Exercise:	L1	L2	L3
			Goblet Squat	<15	20-25	30+
			IVT Raise	<10	15	20+
			Swing Snatch	<10	15-20	25+
			Russian Twist w/DB	<10	15-20	25+
			Elbow Plank	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Rainbow Slams	15	20-25	30+
			SB Bear Hug Squat	Lt	Lt	Hvy
			ALT BR	-	Fast	Faster
			Single Arm KB Row (5 ea)	<20	25-35	40+
			Bottoms Up KB Press (3 ea)	<15	15-20	25+

\*\*\* 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:

<b>Bike Abbreviations</b>
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			
2:00	CEC- split class in half, switch half OOS, half S every 0:20.			
	TC			
2:00	Sprints, Seated 0:10 work/0:10 rest	RPMs 90+	RPMs 100+	RPMs 110+
	TC			
2:00	CDC- split class in half, switch half OOS, half S every 0:20.			

### 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:

Seated Glute Stretch
Cobra/Down Dog
Heel Press/Palm Press
Lying Arm Reach
Crossbody IT Band Stretch