



DATE: 3-14-24

FORMAT: Thunderstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	Man Makers	<10	12-20	25+
6	8	8	ALT OTH Back Lunge (ea)	<10	12-15	20+
10	12	12	Bent Over Row	<10	12-20	25+
4	6	6	2:2 Straight Arm Pull Throughs/Kickbacks	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	2:2 Push Ups/In & Outs	Knees	-	-
6	8	8	SB Cleans	Lt	Lt	Hvy
60	80	100	ALT BR (total)	-	-	-
8	10	10	Jump/Jump Shuffle Back	-	-	Onto Box
6	8	8	Bulgarian RDL	<15	20-25	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- 1 st 12mins				
	TC			
2:00	OOS Energy Point Challenge fast drill- high watts!	5	6	7
	(repeat above, 0:15 rest btwn each challenge)			
	TC			
2:00	S Energy Point Challenge fast drill- high watts!	5	6	7
	TC/LMAO			
Bike Ride- 2 nd 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7 (repeat with 0:15 rest between each challenge)			
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
1:00	High MPH- 0:10 work/0:10 RR			
	LMAO			

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:

Side to Side Neck Flow/Up and Down Neck Flow
 Arm Across Stretch
 Pigeon Pose
 Cross Body IT Band Stretch
 Bear Hug Stretch/Palm Press