



DATE: 3-18-24
FORMAT: Blizzard

TIC Exercises: Skaters, Launchers, Burpees, Inchworms

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: **HEAVY**	L1	L2	L3
8	10	12	1:1 DB RDL/ALT Back Lunge	<15	20-30	35+
6	8	8	ISO Front Hold Surrender (ea)	<10	12-20	25+
10	12	12	Racked Squat	<15	20-30	35+
3	3	3	5:5 Center Hold Squat (drop set each rnd)/Pulse Squats	<20	25-40	45+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	12	12	Stone Squat and Throw	Lt	Lt	Hvy
10	12	12	American KB Swings	<20	25-35	40+
4	5	5	10:10 Heel Kicks/High Knees	-	-	-
10	10	10	Box Jumps	16"	20-24"	Single Leg

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): First team to 15 Energy Points			
	TC			
	TEAM (Odds vs Evens): First team to .5			
	TC			
AFAP	Distance Challenge (switch OOS/S every 0:20)	.3	.5	.7
	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

Heel Press

Standing Hamstring with Toe Up

Lying Down Internal Twist and Reach

Side Lying Knee Bend