



DATE: 3-4-24

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

STRENGTH Side

Focus: Lower Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
			ALT Jumping Lunge	BW	<10	<10
			SSLDL (R)	<10	12-15	20+
			SSLDL (L)	<10	12-15	20+
			High Knees Holding Slam Ball	15	20	25+
			ISO Hold Goblet Squat	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			ALT KB Russian Swing	<20	25-30	35+
			Hammer BR	-	-	-
			ALT Inchworm to T-Rotation	-	-	-
			Jump Rope	Single	Alt	DBLU
			3 MYO Single Arm Curl (ea)	-	-	-

*** 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			
0:30	CDC, then RR			
1:00	CDC (double previous), then RR			
1:00	CDC (beat previous)			
	TC			
0:30	CEC, then RR			
1:00	CEC (double previous), then RR			
1:00	CEC (beat previous)			
	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 Hamstring with Toe Up

Standing Figure 4 and Bend

Palm Press

Lying Leg Raise

Seated Glute Stretch