



DATE: 3-5-24  
FORMAT: Tropical Storm

### STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise:                        | L1  | L2             | L3             |
|----|----|----|----------------------------------|-----|----------------|----------------|
| 10 | 10 | 10 | B-Stance Goblet Squat            | <10 | 12-20          | 25+            |
| 12 | 12 | 12 | Commander Push Ups on TC (total) | -   | -              | -              |
| 12 | 10 | 8  | Single Arm Push Press            | <12 | 15-20          | 25+            |
| 8  | 8  | 8  | ALT Crossbody Hammer Curls (ea)  | <12 | 12-15          | 20+            |
| 8  | 8  | 8  | Jack Knives on TC                | -   | Weight in toes | Weight in toes |
| 8  | 8  | 8  | Elevated RDL on TC               | <12 | 12-20          | 25+            |
| 10 | 10 | 10 | Tricep Push Up on TC             | -   | -              | -              |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:                      | L1  | L2 | L3  |
|----|----|----|--------------------------------|-----|----|-----|
| 20 | 18 | 16 | Lateral SB Squat Walks (total) | Lt  | Lt | Hvy |
| 18 | 16 | 14 | SB Clean                       | Lt  | Lt | Hvy |
| 16 | 14 | 12 | KB Lateral Drag                | <15 | 20 | 25+ |
| 14 | 12 | 10 | SB Step Ups                    | Lt  | Lt | Hvy |
| 3  | 3  | 3  | 5:5 MYO B2G Row/Muscle Ups     | -   | -  | -   |
| 10 | 12 | 15 | Candlesticks                   | -   | -  | -   |
| 8  | 8  | 8  | KB Core Hops                   | <15 | 20 | 25+ |

### 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: 7mins |   |    |    |    |
| 0:30             | Class High MPH- complete 3x, 0:30 RR between each |    |    |    |
|                  | TC  |    |    |    |
|                  | LMAO  |    |    |    |
|                  |   |    |    |    |
| Bike Ride: 5mins |   |    |    |    |
| 0:20             | Class High MPH- complete 3x, 0:20 RR between each |    |    |    |
|                  | TC  |    |    |    |
|                  |   |    |    |    |
| Bike Ride: 3mins |   |    |    |    |
| AFAP             | Distance Challenge                                | .4 | .6 | .8 |
|                  |   |    |    |    |
|                  |   |    |    |    |

#### 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:

Crossbody IT Band Stretch  
Heel Press  
Pigeon Pose  
Lying Down Internal Twist and Reach  
Side Lying Knee Bend