



DATE: 4-13-24

FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	45 Degree Curl	<10	12-15	20+
15	20	25	Candlesticks	-	-	-
15	15	15	Push Press	<12	15-20	25+
12	12	12	Dragon Fly	<10	12-15	20+
12	12	12	Yo-Yo/Hammer Curl	<12	15-20	25+
10	10	10	Diamond Push Ups	Knees	-	-
10	10	10	Wipers	12-15	20-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	SB Snatch	Lt	Lt	Hvy
15	15	15	OTH Walking Lunges with Slamball	15	20	25+
30	40	60	Jump Rope	Single	Single	Alt
8	10	8	1:1 Stone Squat and Throw/Broad Jump	Lt	Lt	Hvy
8	8	8	Single Leg Burpee	-	-	-
10	12	15	BOSU SMS	-	-	-
10	12	15	Soccer Taps on BOSU (holding slamball)	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				
	TC			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

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:

Sprinters Rotational Stretch
Cat/Cow
Hand on Head Twist
Lying Arm Reach
Side to Side Neck Flow/Up and Down Neck Flow