



DATE: 4-3-24
FORMAT: Thunderstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	3:3 Lateral Raise/Front Raise	<8	10-12	15+
8	10	12	Push Up 2 Snatch (ea)	<8	10-12	15+
15	20	20	1:1 Deadlift/Shrug	<15	20-25	30+
12	15	15	DB Swing Lunge Complex	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Chin Ups *Level 2- Pause Reps are at the top of the chin up*	SB Biceps Curl	Asst + pause	Rig
Gear 16	Gear 18	Gear 20	Distance on Bike	.7	.8	1.0
3	4	5	5:5 MYO High Rows/MYO Low Rows	-	-	-
20	30	30	Slamballs	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- 1 st 12mins				
	Distance Challenge- RPM’s 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM’s 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
	TC			
	Distance Challenge- RPM’s 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM’s 70 or more	12	20	25
	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:

Standing Figure 4 and Bend
Heel Press
Standing Hamstring with Toe Up
Side to Side Neck Flow/Up and Down Neck Flow
Side Lying Knee Bend