



DATE: 4-9-24

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

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			Push Up on BOSU	Knees	-	-
			Reverse Fly	<10	12-15	20+
			Decline Chest Fly on BOSU	<10	12-15	20+
			Incline Crush Press on BOSU	<12	15-20	25+
			Straight Arm Pull Throughs	<12	15-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			5:5 SB Lateral Drag/Spider Push Ups	Lt	Lt	Hvy
			BR XTR	-	-	-
			Jack Knives on Box	-	-	-
			Wallballs	8	12-16	20
			Box Jumps	-	-	-

*** 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			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	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:

Seated Glute Stretch
Lying Down Internal Twist and Reach
Lying Arm Reach
Palm Press
Shoulder Extension