



DATE: 5-11-24
FORMAT: Hurricane

STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise: **ORA, strength only**	L1	L2	L3
12	15	20	ALT Front Lunge (ea)	BW	<15	20+
15	20	25	Swing Snatch	<8	10-15	20+
20	25	30	Dragon Flies	<8	10-12	15+
15	20	20	Single Arm Squat/High Row	<10	12-15	20+
20	20	25	Weighted Yo-Yos	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	BR Jacks	-	-	-
8	8	8	SB Step Up	Lt	Lt	Hvy
10	10	10	MYO Single Arm Curl	-	-	-
8	8	8	KB Clean	<15	20	25+
10	10	10	Stone Squat and Throw	Lt	Lt	Hvy

***** 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			
	PELO- Odds vs Evens, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	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:

Side Lying Knee Bend
Lying Spinal Twist
Sprinter's Rotational Stretch
Lying Down Figure 4
Butterfly Stretch