



DATE: 5-20-24
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body Smoke Show

L1	L2	L3	Exercise:	L1	L2	L3
12	15	15	ALT Skull Crushers	<8	8-12	15+
10	12	15	BOSU SMS	-	-	-
8	10	12	Push Press	<10	10-15	20+
8	8	8	Single Arm Hollow Press	<12	15-20	25+
6	8	8	Hand Release Push Ups	Knees	-	-
8	8	8	Superman/Lat Pull	-	-	Weighted
7	7	7	Racked Squats	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	KB Mix Racked Split Squat	<15	20	20+
8	8	8	Half Kneeling Rotation to Single Arm Press	<15	20	20+
8	8	8	KB Suitcase RDL	<15	20	20+
30	40	50	Jump Rope	Single	Alt	DBLU
10	10	10	KB pullover on BOX	<15	20	30+
8	10	10	SB Snatch	Lt	Lt	Hvy
12	12	12	Cris Crossing Squat Drop	-	-	-

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:

Heel Press
Lying Leg Raise
Sprinter/Hamstring Flow
Side Lying Knee Bend
Pigeon Pose