



DATE: 5-28-24
FORMAT: Thunderstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 Suitcase Swings/Arnold Press	<10	12-15	20+
7	7	7	Racked Squats	<15	20-25	30+
10	10	10	V-Sit Lateral Raise Cocoons	<8	10-12	15+
1	2	2	10:10 Bicycle Crunches/Mtn. Climbers	-	-	-
12	12	12	Rear Delt Raise	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	KB Clean & Press (ea)	<15	20	20+
30	40	50	ALT BR on BOSU	-	-	-
10	12	16	ALT KB Russian Swings (total)	<15	20	20+
8	10	12	SB Good Mornings	Lt	Lt	Hvy
8	8	8	BOSU Lunge Twist (ea)	-	-	-

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				
2:00	Sprint Drills- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance.			
	TC			
2:00	High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points.			
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	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
Cobra/ Down Dog
Lying Down Figure 4
Lying Arm Reach
Heel Press