



DATE: 5-29-24 **LEVEL UP DAY**

FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	ALT Jumping Lunges (ea)	-	-	-
8	10	12	DB RDL	<15	20-30	40+
8	10	12	Hip Thrust on Box	BW	<20	25+
8	10	12	Racked Squats	<15	20-25	30+
8	10	12	DB Snatch to Box Step Up (ea)	<12	15-20	25+
8	10	12	Bulgarian Split Squat on Box	BW	<15	20+
8	10	12	Jumping Step Ups (ea)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Rainbow Slams (ea)	15	20	25+
8	10	12	MYO I Raise	-	-	-
8	10	12	High Knees (ea)	-	-	-
8	10	12	Burpees	-	-	-
8	10	12	Wallballs	8	12-16	20
8	10	12	Butterfly Sit Ups	-	16 lb WB	20 lb WB
3	4	5	10:10 Jumping Jacks/Fast Jacks	-	-	-

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				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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 Reach
Standing Figure 4 and Bend
Crossbody IT Band Stretch
Standing Hamstring with Toe Up
Butterfly Stretch