



DATE: 5-31-24
FORMAT: Hurricane

STRENGTH Side

Focus: Pull (Back/Bi)

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Deadlift	<20	25-35	40+
8	8	8	Lateral Split Stance Row	<15	20-25	30+
10	12	12	Front Loaded Hammer Curls	<10	12-15	20+
5:5 funnel down 1:1			Pronated Row/Top Half Curls	<15	20	25+
10	10	10	ALT Bicep Curls	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
50	60	40	Jump Rope	Single	Alt	DBLU
15	8	6	Chin Ups	MYO supinated row	Asst	Rig
20	20	20	B2B Jump Squats	-	-	-
10	12	12	Wallball Russian Slams	8	12-16	20
25	25	25	Box Dips	-	-	-

*** 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			
0:30	CDC, then RR			
1:00	CDC (double previous), then RR			
1:00	CDC (beat previous)			
	TC			
0:30	CEC, then RR			
1:00	CEC (double previous), then RR			
1:00	CEC (beat previous)			
	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:

Lying Arm Reach
Palm Press/DownDog
UP and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pigeon Pose