



DATE: 5-9-24
FORMAT: Thunderstorm

STRENGTH Side

Focus: Quads/Glutes

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	B-Stance RDL	<10	12-15	20+
15	20	20	Heels Up Goblet Squat on TC	<15	20-25	30+
10	12	15	Copenhagens on TC	-	-	-
7	7	7	Racked Squats	<10	15-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	SB Snatch	Lt	Lt	Hvy
8	10	10	SB Back Squat	Lt	Lt	Hvy
8	10	12	MYO Oblique Knee Tuck	-	-	-
5	6	7	Broad Jump/High Knees Back	-	-	-
10	12	15	MYO Hamstring Curls	-	-	-

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				
	TC			
2:00	OOS Energy Point Challenge fast drill- high watts!	5	6	7
	(repeat above, 0:15 rest btwn each challenge)			
	TC			
2:00	S Energy Point Challenge fast drill- high watts!	5	6	7
	TC/LMAO			
Bike Ride- 2 nd 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7 (repeat with 0:15 rest between each challenge)			
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
1:00	High MPH- 0:10 work/0:10 RR			
	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:

Side Reach
Standing Triceps Extend and Reach
Standing Quad Stretch
Standing Hamstring with Toe Up
Heel Press