



DATE: 6-10-24
FORMAT: Blizzard

TIC Exercises: Shoulder Taps/Plank Jacks/Commander Push Ups/T-Rotations

STRENGTH Side

Focus: Lower Body Burn Out

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	5:5 Center Hold Squat/Pulse Squats	<15	20-25	30+
8	10	12	Stone Squat	LT	LT	HVY
6	8	10	ALT Back Lunges (ea)	BW	<15	20+
8	10	12	Racked Squat	<15	20-25	30+
6	8	10	SSLDL	BW	<15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	1:1 KB Clean/High Pull	<15	20	25+
12	12	12	Pull Ups	KB row (challenging)	Asst (challenging)	Rig (unbroken)
6	8	10	ALT KB Russian Swings (total)	<15	20-35	40+
12	15	20	MYO Chest Press	-	-	-
8	8	10	Bottoms Up KB Press	<15	15-20	20+

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
1:00	**Standing Distance Challenge- how far can members ride in 1 min**			
	TC			
1:00	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:45	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
0:30	TEAM- Odds vs Evens (how many energy points in time allowed)			
	RR			
	TC			

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

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
Lying Down Figure 4
Lying Down Hamstring Pull
Sprinter Stretch
Cobra/DownDog