



DATE: 6-17-24

FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	1.5 Curls	<10	12-15	20+
10	12	15	Tricep Push Ups	Knees	-	-
4	6	8	Launchers	-	-	-
10	12	15	Lateral Raises	<8	10-12	15+
10	12	12	Sumo Deadlift	<15	20-25	30+
10	12	15	Leg Raises	-	-	-
6	8	10	Squat Press	<8	10-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	15	Air Jacks	-	-	-
6	8	10	Wallball Holders	8	12-16	20
6	8	10	Jumping Lunges w Wallball	8	12-16	20
Failure	Failure	Failure	Pull Ups	MYO row	Asst	rig
10	12	15	SB Back Squat	Lt	Lt	Hvy
8	12	16	ALT KB Gorilla Row (TL)	<15	20	20+
10	16	20	ALT Plank Kickthrough (TL)	-	-	-

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			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

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 Spinal Twist
 Heel Press
 Side to Side Neck Flow/Up and Down Neck Flow
 Side Reach
 Standing Hamstring with Toe Up