



DATE: 7-11-24

FORMAT: Thunderstorm

### STRENGTH Side

Focus: Chest & Core Crusher

| L1      | L2      | L3      | Exercise:                     | L1    | L2    | L3   |
|---------|---------|---------|-------------------------------|-------|-------|------|
| Failure | Failure | Failure | Push Ups                      | Knees | Toes  | toes |
| 8       | 10      | 12      | Decline Chest Press on BOSU   | <10   | 12-20 | 25+  |
| 10      | 12      | 15      | BOSU Mtn Climbers (ea)        | -     | -     | -    |
| 8       | 10      | 10      | ISO Incline Chest Fly on BOSU | <10   | 12-15 | 20+  |
| 10      | 12      | 15      | Weighted Sit-Up on BOSU       | BW    | <10   | 12+  |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: High Reps | L1  | L2    | L3   |
|----|----|----|---------------------|-----|-------|------|
| 20 | 25 | 25 | American KB Swings  | <20 | 25-30 | 35+  |
| 15 | 20 | 20 | Box Jumps           | 16" | 20"   | 24"+ |
| 15 | 20 | 25 | SMS                 | -   | -     | -    |
| 12 | 15 | 20 | Kneeling Wall Balls | 8   | 12-16 | 20   |

### 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 <sup>st</sup> 12mins |   |    |    |    |
|                                   | TC  |    |    |    |
| 2:00                              | OOS Energy Point Challenge<br>fast drill- high watts!                                     | 5  | 6  | 7  |
|                                   | (repeat above, 0:15 rest<br>btwn each challenge)  |    |    |    |
|                                   | TC  |    |    |    |
| 2:00                              | S Energy Point Challenge<br>fast drill- high watts!                                       | 5  | 6  | 7  |
|                                   | TC/LMAO   |    |    |    |
| Bike Ride- 2 <sup>nd</sup> 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:

Butterfly Stretch/Cobra  
 Lying Down Internal Twist and Reach  
 Lying Down Figure 4  
 Lying Arm Reach  
 Bear Hug Stretch/Down Dog