



DATE: 7-19-24

FORMAT: Hurricane **TIC (0:45/0:15)** *B2B Squat Challenge*

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			BOSU Back Extension	-	Arms Out	+ <10
			Weighted Burpees	BW	<10	12+
			Crab Toe Touches	-	-	-
			4 (ea) Kneeling Single Arm Upright Row	<10	12-15	20+
			Push Ups	Knees	-	Plyo

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Double KB Deadlift	<15	20-30	35+
			4:4 Half Burpees/In & Outs	-	-	-
			B2B Squats **have members count each round, take the highest count!**	-	-	-
			ALT KB Russian Swings, do not set the KB down!	<15	20-30	35+
			KB ALT Bent Over Row	<15	20-25	30+

*** 5 mins of Trainer's Choice **GLUTE FINISHER** 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			
2:00	CEC- split class in half, switch half OOS, half S every 0:20.			
	TC			
2:00	Sprints, Seated 0:10 work/0:10 rest	RPMs 90+	RPMs 100+	RPMs 110+
	TC			
2:00	CDC- split class in half, switch half OOS, half S every 0:20.			

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 Lying Knee Bend
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/DownDog