



DATE: 7-2-24

FORMAT: Hurricane TIC 0:45/0:15

**** Slamball Challenge ****

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			Fruit Fly on BOSU	<10	12-15	20+
			Push Ups	Knees	-	Ft on BOSU
			Deadlifts	<15	20-30	35+
			Incline Chest Fly on BOSU	<10	12-20	25+
			Bent Over Row	<10	12-20	25+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			Slamballs *have members count reps each time, take the highest count*	15	20	20+
			ALT KB Gorilla Row	<15	20	20+
			MYO Chest Press	-	-	-
			MYO B2G Row	-	-	-
			Chin Ups	MYO High Row	Asst	Rig

***** 5 mins of Trainer's Choice Abs 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	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	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:

Lying Arm Reach
Palm Press/DownDog
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pigeon Pose