Twisted Cycle

DATE: 7-31-24
FORMAT: Thunderstorm <mark>LEVEL UP DAY</mark>

STRENGTH Side
Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	TC Clean & Press	-	-	-
12	15	20	ALT Chest Fly on TC (ea)	<12	15-20	25+
15	20	25	ALT Bicep Curls	<10	12-20	25+
20	25	30	Back Ext on TC	-	Arms straight	weighted
12	15	20	Commander Push Ups on TC (ea)	-	-	-

HIIT Side
Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	SB Clean	Lt	Lt	Hvy
25	20	15	Pull Ups	MYO high row	Asst	Rig
12	15	20	KB Row Duo (ea)	<15	20-25	30+
30	40	50	KB Walking Hooper (total)	<15	20	25+
15	20	25	MYO Knee Tucks	-	-	-
12	15	20	<mark>OLYMPIC FINISHER:</mark> Stone Squat and Throw (shot put)	Bronze	Silver	Gold

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- 1st 12mins			
2:00	Sprint Drills– split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance.			
	TC			
2:00	High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points.			
	TC			
	LMAO			
	Bike Ride- 2nd 12mins			
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	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 Spinal Twist
Heel Press
Side to Side Neck Flow/Up and Down Neck Flow
Side Reach
Standing Hamstring with Toe Up