



DATE: 8-14-24

FORMAT: Thunderstorm **TIC 0:45/0:15**

**Butterfly Sit Up Challenge**

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			Goblet Squat	<15	20-30	35+
			OTH Split Squat (R)	<8	10-12	15+
			OTH Split Squat (L)	<8	10-12	15+
			Atomic Frogs	-	-	-
			SSLDL (R)	<8	10-12	15+
			SSLDL (L)	<8	10-12	15+

### HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Lateral SB Step Up (R)	Lt	Lt	Hvy
			Lateral SB Step Up (L)	Lt	Lt	Hvy
			10:5 Fast Jacks/Air Jacks	-	-	-
			SB Walking Lunges	Lt	Lt	Hvy
			Double Pump Burpees	-	-	-
			Butterfly Sit Ups <b>*have members count both times, take the highest count!</b>	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
OOS – Out Of Saddle
S – Seated
SP – Sprint
C – Climb
TC –Trainer’s Choice
(Sprint, Climb, Tier etc..)
<b>*No CHALLENGES on TC*</b>
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				
	Distance Challenge- RPM’s 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM’s 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 <sup>nd</sup> 12mins				
	TC			
	Distance Challenge- RPM’s 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM’s 70 or more	12	20	25
	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

<b>Recovery Protocol:</b>
Lying Spinal Twist
Heel Press
Side to Side Neck Flow/Up and Down Neck Flow
Side Reach
Standing Hamstring with Toe Up