



DATE: 8-30-24

FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	Gladiators	-	-	-
4	6	8	Alt Renegade Row/Knee 2 Elbow	<8	10-15	20+
1	1	1	21's	<8	10-15	20+
6	8	10	1:1 Suitcase Swing/Squat Press	<10	12-20	25+
8	10	12	45 Degree Curl	<8	10-15	20+
6	8	10	ALT Snatch	<15	20-30	35+
10	12	15	Reverse Crunches	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	Alt Jumping Step Ups	-	-	-
6	8	10	American KB Swings	<15	20-30	35+
8	10	12	Broad Jump/High Knees Back	-	-	-
8	10	12	MYO Bicep Curl	-	-	-
8	8	8	KB OTH Back Lunge	<15	20-25	30+
4	5	6	Double Pump Burpee	-	-	-
6	8	10	MYO Muscle Ups	-	-	-

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: 7mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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:

Up and Down Neck Flow/Side to Side Neck Flow
Lying Down Figure 4
Sprinter's Stretch
Crossbody IT Band Stretch
Butterfly Stretch