



DATE: 8-5-24

FORMAT: Hurricane *Partner Workout and Partner Ab Finisher

STRENGTH Side

Focus: Biceps/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	1.5 Curls	<8	10-15	20+
			*OTH Extension	<10	12-20	25+
8	10	12	Hammer Curl	<8	10-15	20+
			*ALT Tricep Kickbacks	<10	12-20	25+
10	15	20	Weighted Jack Knives	BW	<10	12+
			*Flutter Kicks	-	-	-

HIIT Side

Focus: HIIT/Abs

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	DAB Bear Crawl	-	-	-
			*American KB Swings	<15	20-35	40+
8	10	12	Broad Jump Shuffle	-	-	-
			*5:5 V-Ups/Full Sit Ups	-	-	-
8	10	12	Russian Twist w/KB	<15	20-25	30+
			*Rainbow Slams	15	20	25+
20	30	50	OLYMPIC FINISHER: Renegade Row (crew)	Bronze	Silver	Gold

*** 5 mins of Trainer's Choice Partner Abs at the end of class. 5-minute timer clock should be used, switching exercises every 0:30 ***

Bike

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

Protocol:

Time	Type	L1	L2	L3
	Bike Ride:			
	TC			
	PELO- Odds vs Evens, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	TC			

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
 Cat/Cow
 Pigeon Pose