



DATE: 8-8-24
FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Blast Off Push Ups	-	-	-
12	15	20	Squat Jumps	-	-	-
12	15	20	Front Loaded Hammer Curls	<8	10-15	20+
10	12	15	Upright Rows	<8	10-15	20+
15	20	25	Butterfly Sit-Ups	-	-	-
6	8	8	Deadlifts *increase weight each round	<15	20-30	35+
6	8	8	Sumo Goblet Squat	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
60	80	100	ALT Jump Rope	-	-	-
10	12	15	Jumping Step Ups	-	-	-
6	8	10	Heismans	-	-	-
6	8	10	KB SCP	<15	20-30	35+
20	30	40	Fast Jacks	-	-	-
10	15	20	Straight Leg Sit-Ups (ft in MYOs)	-	-	-
10	15	20	MYO Chest Press	-	-	-
100	200	300	OLYMPIC FINISHER: Mtn. Climbers (400 m)	Bronze	Silver	Gold

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 7mins				
0:30	Class High MPH- complete 3x, 0:30 RR between each			
	TC			
	LMAO			
Bike Ride: 5mins				
0:20	Class High MPH- complete 3x, 0:20 RR between each			
	TC			
Bike Ride: 3mins				
AFAP	Distance Challenge	.4	.6	.8

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

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:

Heel Press
Lying Leg Raise
Sprinter/Hamstring Flow
Side Lying Knee Bend
Sprinter’s Rotational Stretch