Twisted Cycle

DATE: 9-23-24
FORMAT: Thunderstorm TIC 0:45/0:15

STRENGTH Side
Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			5:5 Hammer Curls/Bicep Curls	<8	10-15	20+
			Kickbacks	<8	10-15	20+
			HWH Curls	<8	10-15	20+
			DBL OTH Extension	<8	10-15	20+
			ALT Bicep Curls	<8	10-15	20+
			Tricep Push Ups	Knees	Toes	Elevated

HIIT Side
Focus: Triceps/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Burpees	-	-	DBL Pump
			MYO Skull Crushers	-	-	Ft @ Rig
			Box Jumps	16"	20"	24"+
			MYO Bicep Curls	-	-	-
			Little Man in the Woods	-	-	-
			Box Dips	-	Legs Straight	Weighted w/ SB

Bike Protocol:

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			

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:
Side Reach
Standing Figure 4 and Bend
Bear Hug Stretch
Standing Hamstring with Toe Up
Standing Triceps Extend and Reach