



DATE: 9-28-24

FORMAT: Tropical Storm *****SPIRAL*****

STRENGTH Side

Focus: Chest/Back

7 Mins	5 Mins	3 Mins	Exercise: ***SPIRAL REPS*** (7 reps/7 mins, 5 reps/5 mins, 3 reps/3 mins)	L1	L2	L3
7	5	3	ALT Chest Press on BOSU	<10	12-15	20+
7	5	3	Single Arm Deadlift	<20	25-30	35+
7	5	3	Chest Fly on BOSU	<12	15-20	25+
7	5	3	Renegade Row (ft on BOSU)	<8	10-12	15+
7	5	3	Incline Chest Fly on BOSU	<10	12-15	20+

HIIT Side

Focus: Chest/Back/HIIT

7 Mins	5 Mins	3 Mins	Exercise: ***SPIRAL REPS*** (7 reps/7 mins, 5 reps/5 mins, 3 reps/3 mins)	L1	L2	L3
7	5	3	MYO Chest Press	-	-	-
7	5	3	KB Russian Swings	<15	20-30	35+
7	5	3	SB Cleans	Lt	Lt	Hvy
70	50	30	BR	-	-	-
7	5	3	MYO Muscle Ups	-	-	-

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			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

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:

Pronated Press and Rotate

Arm Across Stretch

Pigeon Pose

Standing Figure 4 and Bend

Seated Glute Stretch