



DATE: 9-3-24

FORMAT: Thunderstorm **TIC 0:45/0:15**

### STRENGTH Side

Focus: Chest/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			ALT Chest Press	<10	12-25	30+
			Diamond Push Ups	Knees	-	-
			Chest Fly	<10	12-20	25+
			ALT Skull Crushers	<8	10-15	20+
			Tricep DB Press	<12	15-25	30+
			Crab Toe Touches	-	-	-

### HIIT Side

Focus: Chest/Triceps/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Box Dips	Bent knees	Straight leg	SB weighted
			Spider Climbers	-	-	-
			Push Ups	Knees	-	Plyo
			MYO High Knee Runners	-	-	-
			Jump Rope	-	-	-
			MYO Skull Crushers	-	-	Feet at rig

### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride- 1 <sup>st</sup> 12mins				
	TC			
2:00	OOS Energy Point Challenge fast drill- high watts!	5	6	7
	(repeat above, 0:15 rest btwn each challenge)			
	TC			
2:00	S Energy Point Challenge fast drill- high watts!	5	6	7
	TC/LMAO			
Bike Ride- 2 <sup>nd</sup> 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7 (repeat with 0:15 rest between each challenge)			
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
1:00	High MPH- 0:10 work/0:10 RR			
	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:

Lying Down Internal Twist and Reach

Standing Triceps Extend and Reach

Standing Quad Stretch

Standing Hamstring with Toe Up

Heel Press