



DATE: 9-9-24

FORMAT: Hurricane **TIC 0:45/0:15 ***Wallball Challenge*****

STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|------------------|-----|-------|-----|
| | | | ALT Bicep Curls | <10 | 12-20 | 25+ |
| | | | Tricep DB Press | <15 | 20-30 | 35+ |
| | | | DB Clean & Press | <12 | 15-25 | 30+ |
| | | | Bent Over Row | <12 | 15-25 | 30+ |
| | | | Reverse Crunches | - | - | - |

HIIT Side

Focus: Bicep/Tricep/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---|-----|-------|----------|
| | | | Wallballs ***have members count each round, take the highest count*** | 8 | 12-16 | 20 |
| | | | MYO Skull Crushers | - | - | Ft @ rig |
| | | | KB Double Double | <15 | 20 | 25+ |
| | | | ALT BR Jump Lunge | - | - | - |
| | | | SB Snatch | Lt | Lt | HVY |

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

Bike Protocol:

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: | | | | |
| | TC | | | |
| 0:30 | CDC, then RR | | | |
| 1:00 | CDC (double previous), then RR | | | |
| 1:00 | CDC (beat previous) | | | |
| | TC | | | |
| 0:30 | CEC, then RR | | | |
| 1:00 | CEC (double previous), then RR | | | |
| 1:00 | CEC (beat previous) | | | |
| | 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:

Pronated Press and Rotate

Arm Across Stretch

Hand Behind Back

Standing Triceps Extend and Reach

Bear Hug Stretch