



DATE: 10-19-24

FORMAT: Tornado ***Battlerope Challenge***

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 10 Supermans			
			Single Arm Chest Press on TC (5 ea)	<8	10-15	20+
			Hollow Body Hold	-	-	-
			Heels Up Squat on TC	<12	15-25	30+
			ALT Bent Over Row	<10	12-20 on TC	25+ on TC

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 20 Russian Twists (total)			On Box
			ALT Jumping Step Ups	-	-	-
			MYO Skull Crushers	-	-	Ft @ rig
			BR ***have members count reps, taking the highest of the two counts***	-	-	-
			KB Walking Hooper	<15	20	25+

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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 Lying Knee Bend

Lying Spinal Twist

Sprinter’s Rotational Stretch

Lying Down Figure 4

Butterfly Stretch