



DATE: 10-28-24  
FORMAT: Hurricane

### STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Dragon Flies *high rep	<8	10-15	20+
8	10	12	Russian Twists (ea)	BW	<10 On BOSU	12+ on BOSU
12	12	15	Incline Chest Fly on BOSU	<10	12-15	20+
8	10	10	Single Leg V-Up on BOSU (ea)	BW	BW	<10
6	7	8	Chest Press on BOSU *heavy	<15	20-35	40+

### HIIT Side

Focus: Chest/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Wallballs	<8	12-16	20
10	12	15	Hand Release Push Ups	knees	-	-
2	3	3	5:10 Burpees/BR	-	-	DBL Pump
10	12	15	MYO Y Raise	-	-	-
6	8	10	KB Chest Press	<15	20-25	30+

\*\*\* 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:

<b>Bike Abbreviations</b>
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			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	LMAO			

### 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
Arm Across Stretch
Hand Behind Back
Side Reach