



DATE: 10-2-24

FORMAT: Hurricane **TIC 0:45/0:15** ***GLUTE FINISHER***

STRENGTH Side

Focus: Lower Body + **Drop Sets**

L1	L2	L3	Exercise:	L1	L2	L3
			Racked Squat > Drop Weights	<15	20-35	40+
			ALT Front Lunge > Drop Weights	<10	15-25	30+
			Sumo Goblet Squat > Drop Weight	<15	25-40	45+
			Single Leg Hip Bridge on BOSU (R)	<10	15-30	40+
			Single Leg Hip Bridge on BOSU (L)	<10	15-30	40+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			KB Bulgarian Split Squat on Box (R) > Drop Weight	<15	20-30	35+
			KB Bulgarian Split Squat on Box (L) > Drop Weight	<15	20-30	35+
			MYO Blast Off Squat	-	-	-
			High Knees	Low Impact	-	-
			ALT Jumping Lunges	Back Lunges	-	-

*** 5 mins of Trainer's Choice **GLUTE FINISHER** 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			
	PELO- Odds vs Evens: First to 0.5			
	RR			
	TC			
	TEAM- Odds vs Evens: First to 25 points			
	RR			
	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:

Seated Glute Stretch
Pigeon Pose
Palm Press
Cat/Cow
Hand on Head Twist