



DATE: 11-12-24
 FORMAT: Thunderstorm

STRENGTH Side

Focus: Total Body ***HEAVY***

| L1 | L2 | L3 | Exercise: ***HEAVY*** | L1 | L2 | L3 |
|----|----|----|----------------------------------|-----|-------|-----|
| 10 | 10 | 10 | DB Clean | <20 | 25-35 | 40+ |
| 8 | 8 | 8 | 1:1 ALT Hammer Curls/Bicep Curls | <12 | 15-25 | 30+ |
| 8 | 8 | 8 | Shoulder Press | <15 | 20-30 | 35+ |
| 10 | 10 | 10 | OTH Extension | <20 | 25-35 | 40+ |
| 8 | 8 | 8 | Racked Squat | <15 | 20-30 | 35+ |

HIIT Side

Focus: Total Body/HIIT ***VOLUME***

| L1 | L2 | L3 | Exercise: ***VOLUME*** | L1 | L2 | L3 |
|----|-----|-----|------------------------|-------------------------|------|--------|
| 12 | 15 | 18 | Burpees | - | - | - |
| 15 | 20 | 25 | Slamballs | 15 | 20 | 20+ |
| 10 | 12 | 15 | Chin Ups | MYO Parallel Rows | Asst | Unasst |
| 75 | 150 | 200 | Jump Rope | - | - | - |
| 15 | 20 | 25 | Wallballs | 8-12 | 16 | 20 |

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- 1 st 12mins | | | | |
| 2:00 | Sprint Drills- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance. | | | |
| | TC | | | |
| 2:00 | High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points. | | | |
| | TC | | | |
| | LMAO | | | |
| Bike Ride- 2 nd 12mins | | | | |
| 2:00 | Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min). | | | |
| | TC | | | |
| 2:00 | Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min). | | | |
| | 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:

Seated Glute Stretch
 Lying Down Internal Twist and Reach
 Lying Arm Reach
 Palm Press
 Shoulder Extension