



DATE: 11-16-24

FORMAT: Tropical Storm ***SPIRAL***

STRENGTH Side

Focus: Total Body

7 Mins	5 Mins	3 Mins	Exercise: ***SPIRAL REPS*** (7 reps/7 mins, 5 reps/5 mins, 3 reps/3 mins)	L1	L2	L3
7	5	3	TC SUSU Slams	15	20-25	30+
7	5	3	Bulgarian Split Squat on TC	BW	<15	20+
7	5	3	TC Bear Row	<8	10-20	25+
7	5	3	Single Arm Chest Press on TC	<10	12-20	25+
7	5	3	TC Complex	-	-	-

HIIT Side

Focus: Total Body/HIIT

7 Mins	5 Mins	3 Mins	Exercise: ***SPIRAL REPS*** (7 reps/7 mins, 5 reps/5 mins, 3 reps/3 mins)	L1	L2	L3
7	5	3	KB Figure 8	<15	20-30	35+
7	5	3	ALT Wallball Lunges	8	12-16	20
7	5	3	KB Farmers Walk	<20	25-40	45+
7	5	3	Double KB Deadlift	<20	25-40	45+
7	5	3	Hand Release Push Ups	Knees	-	-

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: 7mins				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride: 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride: 3mins				
2:00	CDC- switch OOS/S every 0:30			
	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:

Sprinter's Rotational Stretch

Cat/Cow

Hand on Head Twist

Lying Arm Reach

Side to Side Neck Flow/Up and Down Neck Flow