



DATE: 11/26

FORMAT: Hurricane **TIC (0:45/0:15)**

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Pulse Squat	BW	<15	20+
			Bulgarian split squat on BOSU (R)	BW	<15	20+
			Bulgarian split squat on BOSU (L)	BW	<15	20+
			ALT curtsy lunges	BW	<15	20+
			Russian Twists on Bosu	Bw	<15	20+

HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			ALT KB sprinters lunge	BW	<15	20+
			180 degree burpee	-	-	-
			SB Front Squat	Lt	Lt	hvy
			Wall Ball	8-12	16	20
			ALT Jumping Step Up	-	w/ Lt SB	w/ HVY SB

*** 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:

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			
2:00	CEC- split class in half, switch half OOS, half S every 0:20.			
	TC			
2:00	Sprints, Seated 0:10 work/0:10 rest	RPMs 90+	RPMs 100+	RPMs 110+
	TC			
2:00	CDC- split class in half, switch half OOS, half S every 0:20.			

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
Seated glute stretch
Standing Quad stretch
Standing hamstring with toe up
Heel press