



DATE: 11/28
FORMAT: Thunderstorm

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Single Arm Chest Fly (hips up) (ea)	<10	12-20	25+
30	40	50	Seated Shoulder Press	<12	15-25	30+
30	40	50	v-ups	-	-	-
30	40	50	Crush press	<12	15-30	35+
20	25	30	Push up/in & out	-	-	-

HIIT Side

Focus: Upper Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	1:1 KB Clean/Press (ea arm)	<15	20-30	35+
25	30	35	Calories on Bike (console)	-	-	-
20	30	40	1:1 Russian/American Swings	<15	20-30	35+
15	20	25	Pull Ups	ASST	ASST	-
30	40	50	Slam Balls	20	20	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				
	Distance Challenge- RPM's 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM's 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
	TC			
	Distance Challenge- RPM's 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM's 70 or more	12	20	25
	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:

Up and down neck flow/Side to side neck flow
Lying down figure 4
Sprinter Stretch
Crossbody IT band stretch
Butterfly stretch