



DATE: 12/21

FORMAT: Thunderstorm

STRENGTH Side

Focus: TOTAL BODY

L1	L2	L3	Exercise:	L1	L2	L3
5	6	7	Kick Through (ea)/Jump Squat	-	-	-
8	8	8	1.5 OTH DB Extension	<15	20-30	35+
4	4	4	Man Makers	<10	12-20	25+
10	10	10	Pike Push-Ups	-	-	-
5	5	6	Crab Sit-Ups	-	-	-

HIIT Side

Focus: TOTAL BODY/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Side Plank Hip Dips	-	-	-
10	10	10	SB Squat High Row	Lt	Lt	Hvy
5	5	5	ALT KB Clean Press Squat (ea)	<15	20-25	30+
15	15	15	Candlesticks	-	-	-
25	25	25	Fast Jacks	-	-	-

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:

Cobra

Sprinter/Hamstring Flow

Side Reach

Arm Across Stretch

Shoulder Extension