



DATE: 12/31  
 FORMAT: Tropical Storm

### STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise: <b>**Reps Follow Timer</b>	L1	L2	L3
7	7	7	Back Lunge Step Up on TC (ea)	<10	12-20	25+
7	7	7	Goblet Squat on TC	<15	20-30	35+
7	7	7	Copenhagens on TC (ea)	-	-	-
7	7	7	Heels Up on Squat on TC	<15	20-30	35+
7	7	7	Elbow to Knee on TC (ea)	<8	10-12	15+

### HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise: <b>**Reps Follow Timer</b>	L1	L2	L3
7	7	7	SB Front Squat	Lt	Lt	Hvy
7	7	7	Double KB Deadlift	<20	25-40	45+
7	7	7	MYO Plank Walk	-	-	-
7	7	7	MYO Oblique Knee Tuck (ea)	-	-	-
7	7	7	MYO B2G Row/MYO Muscle Up	-	-	-

#### 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				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

#### 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**

**Sprinter Stretch**

**Sprinters Rotational Stretch**

**Standing Quad Stretch**

**Cat/Cow**