



DATE: 1/28
 FORMAT: Thunderstorm

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	ALT Chest Press on TC (ea)	<15	20-30	35+
20	30	40	Elbow to Knee on TC (ea)	<8	10-12	15+
20	30	40	Chest Fly on TC	<10	12-20	25+
30	40	50	Crunch on TC	-	-	-

HIIT Side

Focus: Chest/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
100	150	200	BOSU BR	-	-	-
15	25	35	Hand Release Push-Ups	-	-	-
25	35	45	American KB Swing	<20	25-40	45+
20	40	60	DBLU	-	-	-

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- 1st 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- 2nd 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:
Lying Arm Reach
Sprinter/Hamstring Flow
Standing Figure 4 and Bend
Standing Quad Stretch
Hand Behind Back