



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- 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:

Lying Arm Reach

Sprinter/Hamstring Flow

Standing Figure 4 and Bend

Standing Quad Stretch

Hand Behind Back