



DATE: 1/10  
FORMAT: Thunderstorm

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	6	7	Devil's Press	<15	20-25	30+
7	7	7	High Plank DB Drag (ea)	<15	20-25	30+
7	7	7	ISO Chest Fly (ea)	<15	20-25	30+
8	8	8	Gorilla Clean (ea)	<12	15-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
AMAP	AMAP	AMAP	BR XTR	-	-	-
5	5	5	DAB Jumping Inchworm	-	-	-
5	5	5	Broad Jump Shuffle	-	-	-
15	20	25	Incline Shoulder Taps on Box (ea)	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 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 <sup>nd</sup> 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:

<b>Cobra</b>
<b>Shoulder Extension</b>
<b>Lying Down Figure 4</b>
<b>Pigeon Pose</b>
<b>Sprinter Stretch</b>