



DATE: 1/18

FORMAT: Tropical Storm ****Reps = Time****

STRENGTH Side

Focus: Lower Body Burn Out

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Plyo Bulgarian Split Squat on Box (ea)	-	-	-
7	7	7	OTH DB Step Up (ea)	<10	12-15	20
7	7	7	B-Stance RDL (ea)	<15	20-30	35+
7	7	7	Single Leg Box Stand Up (ea)	-	Weighted	Weighted
7	7	7	Single leg hip thrust on Box (ea)	-	-	-

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	KB Back Lunge Haybaler (ea)	<15	20-30	35+
7	7	7	1, 2, 3 Lunge	-	-	-
7	7	7	Plank Jacks	-	-	-
7	7	7	ALT Bear Hug Front Lunge (ea)	Lt	Hvy	Hvy
7	7	7	Yo-Yos	-	-	-

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: 7mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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:

Sprinters Rotational Stretch

Butterfly Stretch

Seated glute stretch

Standing Quad Stretch

Heel Press