



DATE: 2/17  
FORMAT: Hurricane

### STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
5	5	6	ALT Jump Lunge/Shoulder Press (ea)	<10	12-15	20+
20	20	20	Goblet Squat on BOSU	<12	15-20	25+
15	15	15	Crunch Press on BOSU	<12	15-25	30+
20	20	20	BOSU Bus Drivers	-	-	-
10	10	10	ALT Lateral Raise (ea)	<8	10-15	L2 + ISO

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	ALT SB Step Up (ea)	Lt	Hvy	Hvy
20	20	20	BR Jacks	-	-	-
8	10	10	KB Lateral Drag (ea)	<15	20-25	30+
12	14	16	Lateral SB Squat Walks (total steps)	Lt	Hvy	Hvy
5	5	6	Inchworm to T-Rotation (ea)	-	+ Push Up	+ Push UP

\*\*\* 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 \*\*\*

### 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:				
	TC			
2:00	CEC- split class in half, switch half OOS, half S every 0:20.			
	TC			
2:00	Sprints, Seated 0:10 work/0:10 rest	RPMs 90+	RPMs 100+	RPMs 110+
	TC			
2:00	CDC- split class in half, switch half OOS, half S every 0:20.			

### 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>Butterfly Stretch</b>
<b>Crossbody IT Band Stretch</b>
<b>Lying Down Figure 4</b>
<b>Hand Behind Back</b>
<b>Lying Arm Reach</b>