



DATE: 2/26

FORMAT: Thunderstorm **TIC** :45/:15

STRENGTH Side

Focus: Gun Show

L1	L2	L3	Exercise:	L1	L2	L3
			1.5 Hammer Curl	<10	12-15	20+
			5:5 ISO Skull Crusher (ea)	<10	12-15	20+
			5:5 ISO Bicep Curl (ea)	<10	12-15	20+
			ALT Kickbacks (ea)	<10	12-15	20+
			Twisted Curl	<10	12-15	20+
			5:5 Side Lying Triceps Push-Up	-	-	-

HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			KB Yo-Yos	<15	20-25	30+
			SB Bicep Curl	Lt	Hvy	Hvy
			BOSU Hammer BR	-	-	-
			KB Skull Crusher on BOSU	<15	20-25	30+
			BOSU Crossbody Mtn. Climbers	-	-	-
			Jacks Squared	-	-	-

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 Leg Raise

Palm Press

Sprinter/Hamstring Flow

Standing Triceps Extend and Reach

Seated glute stretch