



DATE: 2/28
FORMAT: Tropical Storm

STRENGTH Side

Focus: Upper Body Smoke Show

L1	L2	L3	Exercise:	L1	L2	L3
8	8	10	ALT Bent Over Row (ea) **On TC**	<10	12-20	25+
8	8	10	ALT Arnold Press (ea)	<10	12-20	25+
8	10	12	Dragon Flies	<10	12-20	25+
8	10	12	Rear Delt Raise	<8	10-12	15+
5	5	5	Swing Snatch	<15	20-30	35+
8	8	8	Wipers	<15	20-30	35+
4	4	4	TC Burpee Row	-	-	-

HIIT Side

Focus: Upper Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	MYO Plank Walk	-	-	-
8	10	12	Incline Shoulder Taps on Box (ea)	-	-	-
6	7	8	Heismans w/ 4 High Knees B.E.	-	-	-
5	5	5	Single Leg SB Row (ea)	Lt	Lt	Hvy
8	10	12	MYO Chest Press	-	-	-
4	4	4	OTS Stone Toss (total)	Lt	Lt	hvy
8:8	10:10	12:12	Flutter Kicks/Toe Press Ups	-	-	-

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			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

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:

Seated glute stretch
Hand Behind Back
Lying Arm Reach
side lying knee bend
Cat/Cow