



DATE: 3/10
 FORMAT: Tropical Storm

STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise: **Reps Follow Timer**	L1	L2	L3
7	7	7	Center Hold Squat	<15	20-35	40+
7	7	7	Push Up	-	-	Plyo
7	7	7	Arnold Press	<15	20-30	35+
7	7	7	ALT Back Lunges	<15	20-30	35+
7	7	7	Speed Slams	20	20	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: **Reps Follow Timer**	L1	L2	L3
7	7	7	Wallball OTH Walking Lunge (ea)	12	16	20
7	7	7	Myo Crossbody Mtn. Climbers	-	-	-
7	7	7	KB Russian Swings	<20	25-40	45+
7	7	7	Plyo Step Up	-	-	-
7	7	7	Myo Dips	-	-	-

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				
0:30	Class High MPH- complete 3x, 0:30 RR between each			
	TC			
	LMAO			
Bike Ride: 5mins				
0:20	Class High MPH- complete 3x, 0:20 RR between each			
	TC			
Bike Ride: 3mins				
AFAP	Distance Challenge	.4	.6	.8

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 Down Figure 4
Arm Across Stretch
Sprinter Stretch
Standing Triceps Extend and Reach
Standing Quad Stretch