



DATE: 3/11  
FORMAT: Thunderstorm

### STRENGTH Side

Focus: Arms/abs

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Yo Yo Hammer Curl	<10	12-20	25+
7	7	7	ALT Kickbacks (ea)	<8	10-15	20+
10	10	10	ALT High Plank Knee to Elbow (ea)	-	-	-
10	10	10	45 deg Curl	<10	12-20	25+
10	10	10	Weighted V-Up	-	<10	12+

### HIIT Side

Focus: Arms/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 Myo Blast Off Squat/Myo High Knee Runner	-	-	-
8	10	12	MYO Single Arm Bicep Curl (ea)	-	-	-
7	7	7	KB Bottoms Up Samson Press	<15	20	25+
7	7	7	WallBall Jump and Rotate (ea)	12	16	20
8	10	12	Myo Skull Crusher	-	-	-

### 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- 1 <sup>st</sup> 12mins				
2:00	Sprint Drills- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance.			
	TC			
2:00	High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points.			
	TC			
	LMAO			
Bike Ride- 2 <sup>nd</sup> 12mins				
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
	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:

<b>Butterfly Stretch</b>
<b>Cobra</b>
<b>Pigeon Pose</b>
<b>Palm Press</b>
<b>Standing Triceps Extend and Reach</b>