



DATE:3/25

FORMAT: Tropical Storm

### STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	12	14	"1, 2, 3 Lunge" (total)	-	-	-
10	10	10	B-Stance RDL (ea)	<12	15-25	30+
7	7	7	ALT Weighted V-Up on BOSU (ea)	<8	10	12
7	7	7	Racked Squat on BOSU	<12	15-25	30+
10	10	10	Hip Dips on BOSU	-	-	-
7	7	7	Curtsey Lunge (ea)	-	<12	15+
15	15	15	Squat Jump	-	-	-

### HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	ALT BR Jumping Lunge (ea)	-	-	-
7	7	7	KB Bottoms Up Lateral Lunge (ea)	<15	20	25+
10	10	10	Atomic Jack Knife	-	-	-
5	5	5	SB Surrenders (ea)	Lt	Lt	Hvy
10	12	12	Toe Touches (holding KB)	<15	20	25+
10	12	15	SB B2Ball Squat	Lt	Lt	Hvy
15	20	25	BR XTR	-	-	-

### 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			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

#### 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 Hamstring Pull

Cobra

Heel Press

Heel Press

Standing Quad Stretch