DATE: 3/26
FORMAT: Hurricane

STRENGTH Side
Focus: Chest/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	ALT Chest Fly on TC (ea)	<10	12-20	25+
15	15	15	TC Squat Drop	-	-	-
10	10	10	Decline Chest Press on TC	<15	20-30	35+
10	10	10	Speed Slams	20	20	20
8	10	12	Push-ups on TC	-	-	-

HIIT Side
Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	Countdowns	-	-	-
8	8	8	SB Bent Over Row/SB Deadlift	Lt	Lt	Hvy
8	8	8	Burpee Box Jump	-	-	-
10	12	12	MYO High Row	-	-	-
4	4	4	Wallball Trio	12	16	20

***** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 *****

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:				
	TC			
	PELO- Odds vs Evens, Abs Game. I person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	TC			

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:
Standing Hamstring with Toe Up
Lying Spinal Twist
Pigeon Pose
Lying Arm Reach
Crossbody IT Band Stretch