



DATE: 3/5
FORMAT: Hurricane

STRENGTH Side

Focus: Total Body – High Calorie

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	DB Clean & Press	<12	15-20	25+
8	8	8	Slamball Shoulder Squat w/ Slam	20	20	20
5	5	5	Renegade Row/Push Up	<12	15-20	25+
10	10	10	Sumo Slams	20	20	20
7	7	7	Power Skaters (ea)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	BR Diagonal Chops (ea)	-	-	-
5	5	5	Commander Climbers (ea)	-	-	-
5	5	5	KB Clean/Back Lunge Press (ea)	<15	20-25	30+
5	5	5	Rotating Surrender Jump (ea)	-	-	-
15	15	15	Seal Jacks	-	-	-

*** 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: First to 0.5			
	RR			
	TC			
	TEAM- Odds vs Evens: First to 25 points			
	RR			
	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:

Shoulder Extension
Sprinters Rotational Stretch
Hand Behind Back
Sprinter Stretch
Lying Arm Reach