



DATE: 4/22

FORMAT: Hurricane ****GLUTE FINISHER****

STRENGTH Side

Focus: LOWER BODY

L1	L2	L3	Exercise:	L1	L2	L3
5	6	7	ALT Back to Front Lunge (ea)	-	<15	20+
5	6	7	2:1 Front 2 Back Hops/Half Burpee	-	-	-
8	9	10	ALT Single Arm Deadlift (ea)	<20	25-35	40+
8	10	12	Suitcase Swings	<10	12-20	25+
8	8	8	Racked Squat	<20	25-35	40+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	ALT Jumping Step Ups (ea)	-	-	-
8	10	12	SB Lateral Squat	Lt	Lt	hvy
10	15	20	BR Squat Jump	-	-	-
5	5	5	SB Step Up/Back Lunge on Box	-	-	-
.4	.5	.6	Distance on Bike	-	-	-

***** 5 mins of Trainer's Choice GLUTES 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. 1 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:

Lying down internal twist and reach
Piegon Pose
Standing Quad stretch
Standing hamstring with toe up
Heel press