



DATE: 4/25

FORMAT: Tropical Storm **Reps Follow Timer**

STRENGTH Side

Focus: Legs/Abs (POWER)

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Surrender W/ TC OTH	-	-	-
7	7	7	Bulgarian Split Squat on TC	-	<15	20+
7	7	7	Elbow to Knee on TC	<10	12-15	20+
7	7	7	B-Stance RDL (ea)	<10	12-20	25+

HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	ALT BR Jumping Lunge (ea)	-	-	-
7	7	7	B2Ball Squat Jump	-	-	-
7	7	7	Decline Sit-Ups	-	-	-
7	7	7	ALT KB Side Step Swing (ea)	<15	20-35	40+

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			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 3x, allow RR btwn each minute of work.			
Bike Ride: 5mins				
	TC			
	CEC 0:30/CDC 0:30, no RR within that minute, keep PIQ interval continuous when switching from Energy to Distance. Complete 2x, allow RR btwn each minute of work.			
Bike Ride: 3mins				
0:30	CDC, complete 3x, allow RR btwn each.			

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:

Side to side neck flow/Up and down neck flow

Arm Across Stretch

Piegon Pose

Cross body IT band stretch

Bear hug stretch/Palm press