



DATE: 4/8

FORMAT: Thunderstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
7	8	9	Slamball Back Lunge (ea)	20	20	20
5	5	6	DB Squat/Upright Row	<10	12-20	25+
8	8	8	Crossbody Front Raise (ea)	<10	12-15	20+
8	8	8	Crossbody Bicycle/V-Up	-	-	-
3	3	4	Around the World Lunge	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
25	35	45	ALT Hammer BR on BOSU (ea)	-	-	-
8	8	8	MYO Y-Raise	-	-	-
7	7	7	Front Lunge Twist w/ BOSU (ea)	-	-	-
15	15	15	High Knees Holding Wallball (ea)	20	20	20
3	3	3	SB Complex	Lt	Hvy	Hvy

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- 1 st 12mins				
	TC			
2:00	OOS Energy Point Challenge fast drill- high watts!	5	6	7
	(repeat above, 0:15 rest btwn each challenge)			
	TC			
2:00	S Energy Point Challenge fast drill- high watts!	5	6	7
	TC/LMAO			
Bike Ride- 2 nd 12mins				
	TC			
3:00	OOS Calorie Challenge Female = 5, Male = 7 (repeat with 0:15 rest between each challenge)			
	TC			
1:00	High Watts- 0:10 work/0:10 RR			
1:00	High MPH- 0:10 work/0:10 RR			
	LMAO			

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:

Seated glute stretch

Lying down internal twist and reach

lying arm reach

palm press

Shoulder extension