



DATE: 5/17

FORMAT: Hurricane ****TIC****:45:15

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise: **1 burpee penalty for resting before time is up	L1	L2	L3
			DB Hang Clean & Press	<15	20	25+
			Fruit Fly on BOSU	<12	15-20	25+
			DB Lateral Drag	<12	15-20	25+
			Renegade Row	<12	15-20	25+
			45 Degree Curl on BOSU	<12	15-20	25+

HIIT Side

Focus: Upper Body/HIIT

L1	L2	L3	Exercise: **1 burpee penalty for resting before time is up	L1	L2	L3
			Gladiators	-	-	-
			MYO Dips	-	-	-
			SB Bent Over Row	Lt	Lt	Hvy
			DAB OTH Stone Carry	Lt	Lt	Hvy
			Pike Push-Ups	-	-	-

***** 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			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	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:

Lying Arm Reach
Sprinter/Hamstring Flow
Hand Behind Back
Pigeon Pose
Cat/Cow