



DATE: 5/22

FORMAT: Thunderstorm -ORA

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	Sumo Goblet Squat	<15	20-30	35+
6	8	8	Around the World Lunge (ea)	-	-	-
20	30	40	Single Leg Hip Thrust on BOSU (ea)	-	-	-
10	15	20	Step Up w/ DB (ea)	<10	12-15	20+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	15	KB ALT Back Lunge Haybaler (ea)	<15	20	25+
15	20	25	Stone Squat and Throw	Lt	Lt	Hvy
15	20	25	KB Single Arm Racked Squat (ea)	<15	20	25+
10	15	15	ALT SB Back Lunge (ea)	Lt	Lt	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				
	Distance Challenge- RPM's 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM's 65 or less	12	20	25
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
	TC			
	Distance Challenge- RPM's 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM's 70 or more	12	20	25
	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:

side lying knee bend

Butterfly Stretch

Sprinter/Hamstring Flow

Pigeon Pose

Lying Down Figure 4