



DATE: 5/31

FORMAT: Tropical Storm \*\*Reps follow clock\*\*

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Lateral BOSU Hops	-	-	-
7	7	7	ALT Lateral Lunge/Triple High Knee (ea)	-	-	-
7	7	7	Goblet Squat on BOSU	<20	25-35	40+
7	7	7	Launchers	-	-	-
7	7	7	BOSU Flat Jack Sit-Ups	-	-	-

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	BR ISO Slams (ea)	-	-	-
7	7	7	"1, 2, 3 Lunge"	-	-	-
7	7	7	Kneeling Wallball	<12	16	20
7	7	7	ALT KB Side Step Swing (ea)	<20	25-35	40+
7	7	7	MYO Squat/Curl	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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			
1:00	CEC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 5mins				
	TC			
0:45	CDC, add 1 gear every 0:15, complete 3x (RR between each)			
Bike Ride: 3mins				
	TC			
1:00	CDC (0:10 all out, 0:10 RR)			

### 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:

<b>Sprinter/Hamstring Flow</b>
<b>Butterfly Stretch</b>
<b>Heel Press</b>
<b>Sprinter Stretch</b>
<b>side lying knee bend</b>