



DATE: 5/9  
 FORMAT: Tropical Storm

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
7	7	8	Snatchue of Liberty (ea)	<10	12-15	20+
5	5	5	Info Jack	-	-	-
8	10	12	DB Standing Snow Angel	<8	10	12
10:10	12:12	15:15	Hand Knee Crossover/Jumping Jacks	-	-	-
6	8	10	Squat Press on TC	<10	12-20	25+
8	10	12	Decline Spider Climbers on TC (ea)	-	-	-
6	8	10	TC Close Grip In & Out	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	BR High Plank Bridge (ea)	-	-	-
15	20	25	Hip Thrust on Box	SB	SB	SB
5	5	5	ALT KB SCP Halo (ea)	<15	20-25	30+
10	12	14	Lateral SB Squat Walks (total)	Lt	Lt	Hvy
6	8	10	Wallball Yo-Yo	<12	16	20
6	8	10	Wallball OTH Walking Lunge (ea)	<12	16	20
8	8	8	SB Clean	Lt	Lt	Hvy

### 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				
	Distance Challenge- switch OOS/S every .2	.4	.6	.8
	TC			
Bike Ride: 5mins				
	Distance Challenge- switch OOS/S every 0:30	.3	.5	.7
	TC			
Bike Ride: 3mins				
2:00	CDC- switch OOS/S every 0:30			
	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:

<b>Pigeon Pose</b>
<b>Up and Down Neck Flow</b>
<b>Lying Leg Raise</b>
<b>Arm Across Stretch</b>
<b>Sprinter/Hamstring Flow</b>