



DATE: 7/17

FORMAT: Thunderstorm

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
8	9	10	Yo-Yo/Hammer Curl	<10	12-15	20+
5	6	6	Grave Digger	<12	15-25	30+
15	20	20	Slamball	20	20	20
3	4	5	1:3 Full Sit-Ups/Russian Twist	-	-	-
6	7	8	DB Power Clean/Press	<12	15-25	30+

HIIT Side

Focus: Chest/Back/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	Hammer BR	-	-	-
10	12	15	Incline Shoulder Taps on Box (ea)	<20"	24"	30"
8	10	12	Oblique Hanging Knee Raises on the Rig (ea)	-	-	-
8	10	12	MYO Y-Raise	-	-	-
10	12	15	High Knees w/ Wallball OTH	<12	16	20

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				
2:00	Sprint Drills- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Distance.			
	TC			
2:00	High Watts Drill- split class in half. Half the class OOS SP 0:20, other half RR. Every 0:20 switch. Track Class Energy Points.			
	TC			
	LMAO			
Bike Ride- 2 nd 12mins				
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	TC			
2:00	Sprint AND High Watts Drills- split class in half. Half the class S SP 0:20, other half RR. Every 0:20 switch. Track Class Distance first 1 min, track Energy Points last 1 min).			
	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:

3 Point Crunch

V-Ups

Straight Leg Sit-Ups

Crossbody Bicycle/V-Up

Hollow Body Hold