



DATE: 7/30  
 FORMAT: Thunderstorm **TIC** :45/:15

### STRENGTH Side

Focus: Gun Show

L1	L2	L3	Exercise:	L1	L2	L3
			1.5 Hammer Curl	<10	12-15	20+
			5:5 ISO Skull Crusher (ea)	<10	12-15	20+
			5:5 ISO Bicep Curl (ea)	<10	12-15	20+
			ALT Kickbacks (ea)	<10	12-15	20+
			Twisted Curl	<10	12-15	20+
			5:5 Side Lying Triceps Push-Up	-	-	-

### HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			KB Yo-Yos	<15	20-25	30+
			SB Bicep Curl	Lt	Hvy	Hvy
			BOSU Hammer BR	-	-	-
			KB Skull Crusher on BOSU	<15	20-25	30+
			BOSU Crossbody Mtn. Climbers	-	-	-
			Jacks Squared	-	-	-

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 <sup>st</sup> 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 <sup>nd</sup> 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:

V-Ups  
 Full Sit-Ups  
 Candlesticks  
 Jack Knives  
 Butterfly Sit-Up