



DATE: 6/14
FORMAT: Hurricane

STRENGTH Side

Focus: Back/Tri

L1	L2	L3	Exercise:	L1	L2	L3
10	10	12	Pronated Row	<12	15-25	30+
8	8	8	ISO Skull Crusher (ea)	<10	12-20	25+
15	15	15	Supermans	-	-	-
8	10	12	Triceps DB Press	<15	20-30	35+
10	10	10	Deadlift	<20	25-40	45+

HIIT Side

Focus: Back/Tri/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	ALT Jump Rope (ea)	-	-	-
8	10	12	Pull Ups	ASST	ASST	RIG
20	30	40	Little Man in the Woods	-	-	-
10	15	20	Energy on Bike (Men + 10)	-	-	-
8	10	12	Cobra Push-Up	-	-	-

*** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 ***

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
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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
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Time	Type	L1	L2	L3
Bike Ride:				
	TC			
2:00	Distance Challenge (OOS/S every 0:30) then RR			
	TC			
AFAP	Distance Challenge (Gear 16 or lower) then RR	.3	.4	.5
	TC			
	LMAO			

No abs