



DATE: 8/11  
 FORMAT: Tropical Storm

### STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise: <b>**Reps Follow Timer**</b>	L1	L2	L3
7	7	7	Center Hold Squat	<15	20-35	40+
7	7	7	Push Up	-	-	Plyo
7	7	7	Arnold Press	<15	20-30	35+
7	7	7	ALT Back Lunges	<15	20-30	35+
7	7	7	Speed Slams	20	20	20

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: <b>**Reps Follow Timer**</b>	L1	L2	L3
7	7	7	Wallball OTH Walking Lunge (ea)	12	16	20
7	7	7	Myo Crossbody Mtn. Climbers	-	-	-
7	7	7	KB Russian Swings	<20	25-40	45+
7	7	7	Plyo Step Up	-	-	-
7	7	7	Myo Dips	-	-	-

### 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				
0:30	Class High MPH- complete 3x, 0:30 RR between each			
	TC			
	LMAO			
Bike Ride: 5mins				
0:20	Class High MPH- complete 3x, 0:20 RR between each			
	TC			
Bike Ride: 3mins				
AFAP	Distance Challenge	.4	.6	.8

### 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>Buzz Saw Plank</b>
<b>ALT V-Up (ea)</b>
<b>High Plank Toe Touches</b>
<b>Scissor Kicks</b>
<b>Toe Press Ups</b>