



DATE: 9/5
FORMAT: Hurricane

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8:8	10:10	12:12	Squat Press/Shoulder Press	<10	12-20	25+
10	12	15	Kneeling Slamball	20	20	20
8	8	8	Rotational Row (ea)	<10	12-20	25+
8:8	10:10	12:12	Candlesticks/butterfly sit ups	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8:8	10:10	12:12	MYO Blast off squats /MYO roll outs	-	-	-
2	3	3	5:1 OTS stone toss/Burpee	Lt	Lt	Hvy
20	30	40	BR V-Sit	-	-	-
6	8	10	Wallball Yo-Yo	<12	16	20

*** 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

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
	PELO- Odds vs Evens, Abs Game. 1 person from each team completes 15 sit-ups, 25 ea. mtn climbers, 15 v-ups. Distance goal for bikers is 0.3			
	TC			
	CDC- 0:20 distance/0:20 RR, repeat 3x, add 1 gear each time.			
	TC			

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:

1.5 Sit-Up
ALT Leg Raise (ea)
ALT Single Arm/V-Up (ea)
Sit-Up Punches
Toe Touches