



DATE: 9/13

FORMAT: Tropical Storm ****Reps Follow Timer****

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	TC Lateral Hops	-	-	-
7	7	7	Snatch Lateral Lunge	<10	12-20	25+
7	7	7	TC Burpee Row	-	-	-
7	7	7	Decline Spider Climbers on TC	-	-	-
7	7	7	Squat Press/ALT OTH Back Lunge (ea)	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Kneeling BR Slams	-	-	-
7	7	7	DAB SB Drag	Lt	Lt	Hvy
7	7	7	Wallball	<12	16	20
7	7	7	BR Lunge Twist	-	-	-
7	7	7	Little Man in the Woods	-	-	-

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: 7mins				
	TC			
AFAP	Distance Challenge	.5	.6	.7
	LMAO			
Bike Ride: 5mins				
	TC			
0:20	High MPH Hold (complete 3x)	12	15	18+
Bike Ride: 3mins				
	TC			
2:00	Surge- Distance. Hit distance goal, then RR 0:15. Repeat for 2mins.	.1	.2	.2

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

Ab Protocol:

ALT Leg Raise (ea)

Crunch

Russian Twist

Knee Up Crunches

V-Punches