



DATE: Thursday 9/15

FORMAT: Whirlwind

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-----------------------|-----|-------|----------|
| 7 | 7 | 7 | Bench Press (Heavy) | >20 | 25-40 | 45+ |
| 8 | 12 | 12 | Jack Knives | - | - | Weighted |
| 7 | 7 | 7 | Sumo Squats (Heavy) | >30 | 35-45 | 50+ |
| 8 | 12 | 12 | Wide DB Bent Over Row | >15 | 20-30 | 35+ |

HIIT Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-------------------|-------|---------------|----------|
| 12 | 8 | 5 | Chin Ups | MYO | Asst. | Rlg |
| 8 | 8 | 6 | SB Cleans | Light | Light | Heavy |
| 10 | 10 | 10 | MYO Hip Dips (ea) | - | - | - |
| 5 | 5 | 5 | Broad Jumps | - | W/ Squat Jump | W/Burpee |

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

RR (Recovery Ride) = low/med gear

L1 = 60 rpms

L2 = 70 rpms

L3 = 80 rpms

| Time | Type | L1 | L2 | L3 |
|------|-------------|-------|-------|--------|
| | Bike Ride 1 | | | |
| 5:00 | TC | | | |
| | | | | |
| | Bike Ride 2 | | | |
| 1:00 | S SP- RPM | 90 | 100 | 110 |
| :30 | RR | | | |
| 1:00 | OOS CEC | | | |
| :30 | RR | | | |
| 1:00 | CDC | | | |
| :15 | RR | | | |
| :45 | MPH Sprint | 12mph | 15mph | 18mph+ |
| | | | | |
| | Bike Ride 3 | | | |
| 2:00 | Climb | | | |
| :30 | R&R | | | |
| 1:00 | TC | | | |
| :30 | R&R | | | |
| 1:00 | LMAO | | | |

| Traditional (All members start on bike first) | | Revolution (Members split on circuit 1 st) | 3C (Members distribute evenly on bike, HIIT & strength) | Circle (Bikes are placed in a circle around the room) |
|--|------------|---|---|---|
| Doomsday | Earthquake | Flash Flood | Tropical Storm | Fireball |
| Crazy 8's | Apocalypse | Supernova | Tornado | Asteroid |
| Vortex | Typhoon | | | Cyclone (optional) |
| Hurricane | Monsoon | | | Twister (optional) |
| Blizzard | Heatwave | | | Supercell (optional) |
| Mudslide | Armageddon | | | |
| Whirlwind | | | | |