



DATE: 10/10/2022  
 FORMAT: Whirlwind  
 WARM UP: Bike  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Bi's/Tri's/Abs

L1	L2	L3	Exercise:	L1	L2	L3
1	1	1	21's	<10	12-20	25+
7	12	12	Single Arm OTH Extension (ea)	<10	12-20	25+
7	12	12	Cross Body Hammer Curls (ea)	<10	12-20	25+
7	12	12	ISO Skull Crushers (ea)	<10	12-20	25+
7	12	12	Jack Knives	-	-	Weighted

### HIIT Side

Focus: Bi's/Tri's/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	MYO Muscle Ups	-	-	-
8	8	8	Slam Balls	<15	20	30+
8	10	10	KB OTH Extension	<15	20-35	40+
8	8	8	Slam Balls	<15	20	30+
8	10	10	KB Kneeling Curls	<15	20-35	40+
10	20	20	Fast Jacks	-	-	-

### 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  <b>RR (Recovery Ride) = low/med gear</b> <b>L1 = 60 rpms</b> <b>L2 = 70 rpms</b> <b>L3 = 80 rpms</b>
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Time	Type	L1	L2	L3
Bike Ride – 5 minutes				
2:00	CDC			
3:00	TC			
Bike Ride – 5 minutes				
2:00	CDC (Beat Previous)			
3:00	TC			
Bike Ride – 5 minutes				
2:00	CDC (Beat Previous)			
3:00	TC			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 <sup>st</sup> )	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				