



DATE: 11/22/2022
 FORMAT: Whirlwind
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Double Snatch	<10	12-20 + yo-yo	12-20 Burpee
4	6	6	Front Lunge 2 Chest Scoop	<10	12-20	25+
4	4	4	Weighted Inchworm	<10	12-20 + push up	12-20 + push up
8	10	12	Amped Butterfly Sit-Up	-	-	-
8	10	12	Crossbody Mtn. Climbers	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	SB Burpee Rover	Light	Light	Heavy
8	15	10	Pull Ups	Myo Low Row	Assisted	Rig
4	4	4	Slam ball Duo	15	20-30	30-40+
4	6	8	2:2 Wallballs/Yo Yo	8	12-16	20
10	10	15	Wallball Russian Twists	8	12-16 Ft off floor	20 ft off floor

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

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride: 1 st 5mins				
AFAP	Distance Challenge, RPM's btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2 nd 5mins				
0:25	Sprints (Odds/Evens take turns) Repeat 3x	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts (Odds/Evens take turns) Repeat 3x			
	TC			

Formats (All members start on bike first)		Format & Rotation Options
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunder Storm	TIC- Timed Interval Circuit
Earthquake	Typhoon	ORA- One Round Assault
Flash Flood	Vortex	Funnel- Decreasing a Rep each Round
Heatwave	Whirlwind	Reverse Funnel- Adding a Rep each Round
Hurricane		
Monsoon		
Supernova		