



DATE: 11/03/2022
 FORMAT: Whirlwind
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 mins			
15	20	25	Push Press	<12	15-25	30+
15	25	30	Candlesticks	-	-	-
			2 nd 5 mins			
15	25	30	Straight Arm Pull Through	<10	12-20	25+
15	25	30	Bicycle Crunches	-	-	-
			3 rd 5 mins			
10	15	20	Yo-Yo Front Raise	<8	10-12	15+
20	25	30	Straight Arm Sit Ups	<8	10-12	15+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 mins			
10	18	25	SB Clean	Light	Heavy	Heavy
15	20	25	Wall Ball Sit Up & Toss	8	12-16	20
			2 nd 5 mins			
10	18	25	SB Rover	Light	Heavy	Heavy
8	10	10	ALT Plank Kick Through	-	MYO	MYO
			3 rd 5 mins			
8	10	10	KB Lateral Lunge Floor Touch/High Row	<15	20-35	40+
15	20	25	Straight Leg Sit Up	-	Ft on Box	Ft in MYO

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 5 mins				
	TC			
	PELO- Odds vs Evens: First to 0.5			
Bike Ride 2 nd 5 mins				
	TEAM- Odds vs Evens: First to 15 points			
	TC			
Bike Ride 3 rd 5 mins				
	TC			
AFAP	Distance Challenge	.3	.4	.5

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		