



DATE: 12/26/2022  
 FORMAT: Whirlwind  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 mins			
8	10	12	DB Samson Press	<10	12-25	30+
8	8	8	Static Lunge/Curl	<10	12-25	30+
			2 <sup>nd</sup> 5 mins			
10	15	15	Dragon Flies	<10	12-25	30+
6	10	10	Burpees	-	-	-
			3 <sup>rd</sup> 5 mins			
8	10	10	Side Jack Knives	-	-	-
10	15	15	Straight Arm Pull Through	<8	10-15	20+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	BOSU SMS	-	-	-
8	10	15	Lateral BOSU Hops	-	Holding wallball	Holding wallball
20	50	75	ALT BR on BOSU	Bubble Side	Flat Side	Flat Side
8	15	15	Box Jumps	16"	20"	24"+
8	15	15	Air Jacks	-	-	-

**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 <sup>st</sup> 5mins				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 <sup>rd</sup> 5mins				
	TC			
0:20	Class High Watts Hold, repeat 3x			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunderstorm	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	Wildfire	
Monsoon		
Supernova		