



DATE: 12/08/2022  
 FORMAT: Whirlwind  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Minutes			
10	10	10	Close Grip Press	<12	15-35	40+
10	10	10	Triceps Push Up	Knees	Toes	L2 + Hand release
10	10	10	Skull Crushers	<10	12-15	20+
			2 <sup>nd</sup> 5 Minutes *AMRAP Goal	2 rounds	3 rounds	4 rounds
10	12	15	Bicycle Crunches	-	-	-
10	12	15	Russian Twists	-	-	-
6	7	8	ALT V-ups	-	-	-
			3 <sup>rd</sup> 5 Minutes			
10	10	10	Hammer Curls	<10	12-20	25+
10	10	10	Zottman Curls	<10	12-20	25+
10	10	10	1.5 Curls	<10	12-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	Lateral BOSU Hops			
20	40	60	ALT BR on BOSU	Bubble Side	Flat Side	Flat Side
4	6	8	BOSU Bus Drivers	-	-	-
4	6	8	Commander Push Ups on BOSU	-	-	-
6	8	10	BOSU Flat 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 EMOM- Every Minute on the Minute EHM- Every Half Minute  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>	Time	Type	L1	L2	L3
	Bike Ride: 1 <sup>st</sup> 5mins				
	2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
		TC			
	Bike Ride: 2 <sup>nd</sup> 5mins				
	2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
		TC			
	Bike Ride: 3 <sup>rd</sup> 5mins				
	2:00	Surge Drill- Calories (0:15 RR)	3	4	5
		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	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					
Monsoon					
Supernova					