



DATE: 2-25-2023

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
7	10	15	BOSU Lateral Hops w DB	<10	12-15	20+
8	8	8	BOSU Bus Driver/Front Raise	-	-	-
			2nd 5 Mins:			
4	4	4	Surrender Trio (ea)	<10	12-15	20+
10	12	15	Incline Skull Crushers on BOSU	<10	12-15	20+
			3rd 5 Mins:			
8	8	8	SMS Wipers	<10	12-15	20+
8	8	8	Push Up Shoulder Tap ft on BOSU	Knees	Toes	Toes

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	Kick Through/Jump Squat	-	-	-
10	15	10	Chin Ups	MYO Curl	Assisted	Rig
1	2	3	10:10 Spider Climbers/Mtn Climbers	-	-	-
10	10	10	Hanging Knee Raises	Reverse Crunch	Rig	TTB
5	5	5	KB SCP Halo (ea)	<15	20-30	35+

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				
2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
	TC			
Bike Ride: 2 nd 5mins				
2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
	TC			
Bike Ride: 3 rd 5mins				
2:00	Surge Drill- Calories (0:15 RR)	3	4	5
	TC			

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