



DATE: 2-7-2023

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
7	7	7	Goblet Squat on TC	<20	25-40	45+
7	7	7	Goblet Static Curtsy Lunge	<10	12-20	25+
			2nd 5 Mins:			
15	20	25	Single Leg Hip Bridge on TC	-	-	-
8	8	8	V Punches	5	8-10	12
			3rd 5 Mins:			
8	8	8	Weighted Jack Knives	<10	12-15	20
10	10	10	Top Half Sit Ups	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
30	30	30	Jump Rope *Increase by 10 every round*	-	ALT	DBLU
5	5	5	KB Statue of Liberty	<15	20-30	35+
10	10	10	Kneeling Slam Balls	15	15-20	15-20
10	10	10	MYO Muscle Ups	-	-	-

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) Complete 3x total	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts Hold (Odds/Evens take turns) Complete 3x total			
	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		