



DATE: 3-11-2023  
 FORMAT: Tornado  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs/Abs

| L1 | L2 | L3 | Exercise:                           | L1  | L2    | L3  |
|----|----|----|-------------------------------------|-----|-------|-----|
|    |    |    | Press Jack Duo (2 presses 2 squats) | <10 | 12-15 | 20  |
|    |    |    | 4:4 Up and Overs/Full Sit Ups       | -   | -     | -   |
|    |    |    | 5:5 Center Hold Squat/Sumo Deadlift | <15 | 20-35 | 40+ |
|    |    |    | 3:3 Fruit Fly *on floor*Dragon Fly  | <10 | 12-15 | 20  |

### HIIT Side

Focus: HIIT

| L1 | L2 | L3 | Exercise:   | L1  | L2    | L3   |
|----|----|----|---|-----|-------|------|
|    |    |    | Inchworm Broad Jump                               | -   | -     | -    |
|    |    |    | SB Walking Lunges w 5 B.E. Squats (BE = Book End) | Lt  | Lt    | hvy  |
|    |    |    | 5:5 KB V-Press/Russian Twist                      | <15 | 20-25 | 30+  |
|    |    |    | Jump Rope   | -   | ALT   | DBLU |

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:   |      |    |    |    |
| *** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! *** |      |    |    |    |
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| Formats<br>(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      | AMRAP- As Many Rounds As Possible                     |
| Hurricane                                    | Wildfire       |   |
| Monsoon                                      |                |   |