



DATE: 4-15-2023

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins			
12	15	15	SB Static Lunge	Lt	Lt	hvy
12	15	15	ALT Weighted V-Up	<10	12-15	20
			2 nd 5 Mins			
8	10	12	Sumo Squat Pivot Lunge w SB	Lt	Lt	hvy
15	15	15	Air Jacks	-	-	-
			3 rd 5 Mins			
8	10	12	Goblet Surrenders	<10	12-20	25+
15	15	15	DB RDL	<10	12-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins			
15	15	15	Candlesticks	-	-	-
8	8	8	OTH KB Step Up/Lunge	<15	20-30	35+
			2 nd 5 Mins			
15	15	15	Scissor Abs/Flutter Kicks	-	-	-
10	10	10	KB Goblet Squat/KB Deadlift	<15	20-30	35+
			3 rd 5 Mins			
7	7	7	Launchers	-	-	-
12	12	12	Hanging Knee Raises (Rig)	Reverse Crunch	Rig	TTB

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	AMRAP- As Many Rounds As Possible
Hurricane	Wildfire	
Monsoon		