



DATE: 4-26-2023
 FORMAT: Whirlwind
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise: **Heavy Level 3	L1	L2	L3
			1st 5 mins	LT	MED	HVY
12	10	8	Pronated Grip Row on TC	<12	15-20	30+
12	10	8	Single Arm Row on TC	<12	15-25	40+
			2nd 5 mins			
12	10	8	Reverse Fly	<8	10-15	25+
12	10	8	ALT Chest Press on TC	<12	15-30	40+
			3rd 5 Mins			
8	10	12	Tricep Push Up on TC	-	-	-
12	10	8	ALT Chest Fly on TC	<10	12-20	30+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	15	Pull Ups	ASST.	ASST.	RIG
2	3	3	SB Rover	Lt	Lt	Hvy
2	3	3	5:5 MYO I Raise/MYO Y Raise	-	-	-
2	3	3	5:5 Russian Swings/KB SCP	<20	25-35	40+

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 (Odds/Evens take turns) Complete 3x total			
	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		