



DATE: 4-5-2023

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 5 Mins:</b>			
8	10	12	Weighted Step Ups	<10	12-20	25+
15	20	25	Skaters	-	-	-
			<b>2<sup>nd</sup> 5 Mins:</b>			
8	10	12	Bulgarian Lunge on Box	<10	12-20	25+
15	20	25	Single Leg Hip Bridge on Box	-	-	-
			<b>3<sup>rd</sup> 5 Mins:</b>			
8	10	12	Lateral Box Shuffle	-	-	-
15	20	25	Straight Leg Sit Ups (ft on box)	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Single Arm KB Russian Swing	<15	20-30	35+
15	20	25	Air Jacks	-	-	-
8	8	8	SB Front Loaded Squat	Lt	Lt	hvy
10	12	14	Heismans (total)	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b> 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  <b>RR= Recovery Ride</b> <b>(20-30 seconds of light work)</b>
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Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 5mins				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 <sup>rd</sup> 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

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		