



DATE: 5-15-23

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
10	10	10	ALT Curls	<10	12-15	20+
10	10	10	ALT Hammer Curls	<10	12-15	20+
			2nd 5 Mins:			
10	10	10	Single Arm Kickback on TC	<10	12-15	20+
10	10	10	Skull Crushers on TC	<10	12-15	20+
			3rd 5 Mins:			
10	10	10	Tricep Push Up on TC	-	-	-
10	10	10	45 Degree Curl	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	MYO Knee Tucks	-	-	PIKE
10	12	15	Box Jumps	16"	20"	24"
12	12	12	Jack Knives on Box	-	-	-
5	5	5	KB Snatch	<15	20-30	35+
10	12	15	Wallballs	8	12-16	20

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				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 rd 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		