



DATE: 5-31-23

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
15	15	15	Single Leg Hip Bridge on BOSU	-	-	-
7	7	7	Racked Squat *Heavy	<20	25-40	45+
15	15	15	Reverse Crunch	-	-	-
			2nd 5 Mins:			
15	15	15	Alt Weighted Lateral Hops on BOSU	<10	12-15	20
10	10	10	Single Leg RDL	<10	12-20	25+
12	12	12	V-Ups w/ BOSU	-	-	-
			3rd 5 Mins:			
7	7	7	Racked Sumo Squat *Heavy	<20	25-40	45+
12	12	12	Static Lunge	<10	12-20	25+
12	12	12	BOSU Obliques	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	20	20	SB B2B Squat	Lt	Lt	HVY
15	20	25	BR Slams	-	-	-
5	5	5	KB Lateral Lunge/Upright Row (ea)	<15	20-30	35+
10	15	15	American KB Swings	<15	20-30	35+
10	15	15	Wall Balls	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: 1st 5mins				
AFAP	Distance Challenge, RPM's btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2nd 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	90	100	110+
	TC			
Bike Ride: 3rd 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		