



DATE: 5-6-2023

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
15	15	15	Dragon Flies	<10	12-20	25+
4	4	4	Gladiators	-	-	-
			2nd 5 Mins:			
4	4	4	2:4 Push Ups/Crossbody Mtn Climbers	-	-	-
1	1	1	8:8 Static Lunge/Press (ea)	<10	12-20	25+
			3rd 5 Mins:			
6	6	7	Sumo Deadlift *Heavy	<20	25-45	50+
20	20	20	Bicep Curls	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
5	5	5	Info Jacks	-	+Push up	+ 2 Push Ups
6	6	7	ALT KB Halo Lunge	<15	20-30	35+
			2nd 5 Mins:			
3	4	4	DAB SB Drag (Total DABs)	Lt	Lt	Hvy
8	8	8	PLYO Lateral Lunge	-	-	-
			3rd 5 Mins:			
15	15	15	Box Dips	-	-	-
7	7	7	Jumping Step Ups	-	-	-

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	RPMs < 90	RPMS 100+	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts Hold (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		