



DATE: 6-10-23
 FORMAT: Whirlwind
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
7	7	7	BOSU Lunge to Curl	<10	12-15	20+
8	8	8	V-Punches	<10	12-15	20+
8	8	8	Russian Twist w/ DB	<10	12-15	20+
			2nd 5 Mins:			
5	5	5	Man Makers	<10	12-15	20+
10	10	10	DB Pullover on BOSU	<10	12-25	30+
10	10	10	Incline Chest Press on BOSU	<10	12-25	30+
			3rd 5 Mins:			
			Do 1 st and 2 nd above combined, AFAP			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	SB Back Squat	Lt	Hvy	Hvy
1	1	2	10:10 Jumping Jacks/Hand Knee Crossovers	-	-	-
10	12	15	MYO Skull Crushers	-	-	-
15	15	15	Slamballs	15	15	20
10	12	15	Plank Jacks	-	-	-

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				
2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
	TC			
Bike Ride: 2nd 5mins				
2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
	TC			
Bike Ride: 3rd 5mins				
2:00	Surge Drill- Calories (0:15 RR)	3	4	5
	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	
Hurricane	Wildfire	
Monsoon		