



DATE: 7-15-2023  
 FORMAT: Whirlwind  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 5 Mins:</b>			
10	10	10	TC Curls	<10	12-20	25+
8	8	8	Bubble Up Knee to Elbow	-	-	-
5	7	9	Sphinx Push Up	-	-	-
			<b>2<sup>nd</sup> 5 Mins:</b>			
10	12	15	Single Arm Tricep Extension	<8	10-15	20+
10	10	10	SuSu Jack on TC	-	-	-
10	10	10	ALT Crossbody Hammer Curl	<10	12-20	L2 + Standing on TC
			<b>3<sup>rd</sup> 5 Mins:</b>			
			Complete Both Circuits			

**HIIT Side**

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	BR Slams	-	-	-
20	30	40	Kneeling BR	-	-	-
7	7	7	ALT Jumping Step Ups	-	-	-
7	7	7	1:1 American KB Swing/Russian KB Swing	<15	20-35	40+
7	7	7	SB Clean	Lt	Lt	hvy

**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
<b>Bike Ride: 1<sup>st</sup> 5mins</b>				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
<b>Bike Ride: 2<sup>nd</sup> 5mins</b>				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
<b>Bike Ride: 3<sup>rd</sup> 5mins</b>				
	TC			
0:20	Class High Watts Hold, complete 3x			

<b>Formats</b> (All members start on bike first)		<b>Format &amp; Rotation Options</b>
Black Hole	Tropical Storm	Revolution- Members Split on the circuits first
Blizzard	Thunderstorm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Typhoon	TIC- Timed Interval Circuit
Doomsday	Vortex	ORA- One Round Assault
Heatwave	Whirlwind	Funnel- Decreasing a Rep each Round
Hurricane	Wildfire	Reverse Funnel- Adding a Rep each Round
Monsoon		AMRAP- As Many Rounds As Possible
Sandstorm		
Tornado		