



DATE: 7-4-23

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| | | | 1 st 5 Mins: *Increase weight by 5lbs (if possible), decrease reps by 5 each round* | | | |
| 20 | 20 | 20 | Chest Fly on TC | <8 | 10-15 | 20+ |
| 20 | 20 | 20 | Incline Crush Press on TC | <10 | 12-20 | 25+ |
| | | | 2 nd 5 Mins: | | | |
| 10 | 10 | 10 | DB Row on TC | <10 | 12-20 | 25+ |
| 10 | 10 | 10 | Weighted TC Lat Pull | <8 | 10-12 | 15+ |
| | | | 3 rd 5 Mins: | | | |
| 5 | 5 | 5 | ISO Chest Press on TC *heavy* | <25 | 30-45 | 50+ |
| 5 | 5 | 5 | Deadlift *heavy* | <25 | 30-45 | 50+ |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-------------------|--|----------------|-----|
| 5 | 6 | 7 | Single Leg Burpee | - | - | - |
| 10 | 10 | 10 | Chin Ups | Heavy ASST. or Supinated MYO ROW | Light ASST. | RIG |
| 8 | 8 | 8 | Slammer Jammer | 15 | 20 | 30 |
| 8 | 8 | 8 | Single Arm KB Row | <15 | 20-35 | 40+ |

Bike Protocol:

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|--|
| 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 | | |