



DATE: 8-1-23

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
15	15	15	Center Hold Squat	<15	20-40	45+
10	10	10	Pulse Lunges	-	Weighted	weighted
15	15	15	Single Leg Hip Bridge	-	Weighted	weighted
			2nd 5 Mins:			
8	8	8	Weighted Sprinter's Lunge	<10	12-20	25+
8	8	8	B-Stance RDL	<15	20-35	40+
15	15	15	Wallball Hamstring Curl	-	-	-
			3rd 5 Mins:			
			Complete Both Circuits			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
6	8	10	ALT SB Front Lunge	Lt	Hvy	Stone
6	8	10	MYO Oblique Knee Tucks	-	-	-
10	12	12	Lateral BOSU Hops	-	Holding slamball	Holding slamball
			2nd 5 Mins:			
30	40	50	ALT BR	-	-	-
15	15	15	High Knees	-	Holding slamball	Holding slamball
8	8	8	BOSU SMS	-	-	-
			3rd 5 Mins:			
			Complete Both Circuits			

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

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	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts (Odds/Evens take turns) Complete 3x total			
	TC			

Format & Rotation Options

(All members start on bike first)

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		