



DATE: 9-9-23  
 FORMAT: Whirlwind  
 AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 5 Mins:</b>			
8	8	8	Step Up/Back Lunge on Box	-	<15	20+
15	15	15	Box Jumps	-	-	-
			<b>2<sup>nd</sup> 5 Mins:</b>			
8	8	8	ALT Curtsey Lunge	-	<15	20+
15	15	15	Center Hold Squat	<20	25-45	50+
			<b>3<sup>rd</sup> 5 Mins:</b>			
8	8	8	Single Leg Stand Up	-	-	-
4	4	4	Single Arm OTH Squat	<8	10-15	20+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	BR Slams	-	-	-
7	7	7	SB Bear Hug Squat	Lt	Lt	hvy
2	2	2	4:4 Mtn. Climbers/In & Outs	-	-	-
7	7	7	1:1 Single Arm KB Russian Swing/KB High Pull	<15	20-30	35+
5	5	5	Jumping Lunges w/ Wallball	8	12-16	20

**Bike Protocol:**

<b>Bike Abbreviations</b>
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
<b>RR= Recovery Ride</b>
<b>(20-30 seconds of light work)</b>

Time	Type	L1	L2	L3
<b>Bike Ride: 1<sup>st</sup> 5mins</b>				
	TC			
AFAP	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
<b>Bike Ride: 2<sup>nd</sup> 5mins</b>				
	TC			
AFAP	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 (RR btwn each)			

<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		