



DATE: 10-10-23

FORMAT: Whirlwind

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
8	8	8	Racked Lateral Lunge on BOSU	<8	10-15	20+
8	8	8	Renegade Row/Knee 2 Elbow	<12	15-25	30+
12	12	12	Fruit Fly on BOSU	<12	15-25	30+
			2nd 5 Mins:			
8	8	8	ALT Snatch	<10	12-25	30+
10	10	10	Lateral BOSU Hops	-	-	-
6	6	6	Sprinter's Lunge and Row	<10	12-20	25+
			3rd 5 Mins:			
			Both Circuits Above *Decrease reps by 4, increase weight			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: * increase reps by 2 each transition	L1	L2	L3
14	14	14	American KB Swings	<20	25-40	45+
8	8	8	MYO Muscle Ups	-	-	-
40	40	40	BR *Increase by 10 each transition*	-	-	-
12	12	12	SB Hip Thrust on Box	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
Bike Ride: 1 st 5mins				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 rd 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

Formats (All members start on bike first)		Format & Rotation Options
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		