



DATE: 12-12-2023
 FORMAT: Whirlwind

STRENGTH Side

Focus: Total Lower Body Burn

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins: QUADS			
20	25	30	Goblet Pulse Squats	<15	20-30	35+
15	20	25	TC Quad Burners	-	-	-
			2 nd 5 Mins: HAMSTRINGS			
20	25	30	Elevated RDL on TC	<12	15-25	30+
20	25	30	Wallball Hamstring Curl	-	-	-
			3 rd 5 Mins: GLUTES			
25	30	35	Hip Thrust on TC	<15	20-40	45+
12	15	20	Bulgarian Split Squat on TC	-	<15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	KB Russian Swing	<15	20-30	35+
5	6	6	ISO Shoulder Squat with Stone	Lt	Lt	hvy
30	40	50	ALT BR	-	-	-
8	8	8	KB Walking Hooper	<15	20-30	35+
6	8	10	MYO Parallel Rows	-	-	-

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

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			

Format & Rotation Options

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

Recovery Protocol:

Side Lying Knee Bend
Lying Spinal Twist
Sprinters Rotational Stretch
Lying Down Figure 4
Butterfly Stretch