



DATE: 12-1-23
 FORMAT: Whirlwind

STRENGTH Side

Focus: Lower Body Power

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
7	7	7	Sprinters Lunge and Row	<10	12-20	25+
7	7	7	Center Hold Squat	<20	25-40	45+
7	7	7	Single Leg SLDL	<10	12-20	25+
			2nd 5 Mins:			
7	7	7	Split Squat	<10	12-25	30+
7	7	7	Racked Squats	<15	20-35	40+
15	15	15	Single Leg Hip Bridge	-	Weighted	weighted
			3rd 5 Mins:			
			Both Circuits, increase weights by 5lbs			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
3	3	4	5:2 KB OTH Press /KB Kneeling Front Raise	<15	20-30	20-30
12	20	20	KB Russian Swings	<20	25-40	45+
8	10	12	MYO Roll Ins	-	-	-
40	50	60	Hammer BR	-	-	-

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				
	TC			
AFAP	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
AFAP	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 (RR btwn each)			

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:

Standing Hamstring with Toe Up
Standing Figure 4 and Bend
Palm Press
Lying Leg Raise
Seated Glute Stretch