



DATE: 12-21-23  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Back/Biceps

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
12	12	12	Lateral Split Stance Row	<12	15-20	25+
25	30	35	Front Loaded Hammer Curls	<10	12-20	25+
			2 <sup>nd</sup> 5 Mins:			
20	25	25	Deadlift	<20	25-35	40+
20	20	20	ALT Bicep Curl	<10	12-20	25+
			3 <sup>rd</sup> 5 Mins:			
-	-	-	10:10 to 1:1 Pyramid Pronated Row/Top Half Curls	<10	12-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	KB Suitcase RDL	<15	20-25	30+
20	10	20	Jump Rope	-	DBLU	DBLU
7	7	7	SB Snatch	Lt	Lt	Hvy
15	15	15	Criss-Crossing Squat Drop	-	-	-

### 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
RR= Recovery Ride

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 5mins				
	TC			
	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
	Distance Challenge- RPM’s stay over 65	0.3	0.4	0.5
Bike Ride: 3 <sup>rd</sup> 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

### 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 Reach
Side to Side Neck Flow/Up and Down Neck Flow
Standing Hamstring with Toe Up
Sprinters Stretch
Bear Hug Stretch/Down Dog