Twisted Cycle

DATE: 12-28-23
FORMAT: Tornado

STRENGTH Side
Focus: Total Body

L1	L2	L3	Exercise: **transition exercise: 5 TC Quad Burners	L1	L2	L3
			TC Complex	-	-	-
			5:5 Skull Crushers on TC/Weighted Sit Up on TC	<10	12-15	20+
			5:5 Center Hold Squat/Pulse Squats	<20	25-35	40+
			TC Mtn. Climbers	-	-	-

HIIT Side
Focus: Total Body/HIIT

L1	L2	L3	Exercise: **transition exercise: 3 Broad Jumps	L1	L2	L3
			BR XTR	-	-	-
			SB Walking Lunges	Lt	Lt	hvy
			Box Jumps	16"	20"	24"
			MYO Roll Ins	-	-	-

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

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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 Figure 4 and Bend
Heel Press
Standing Hamstring w Toe Up
Side to Side Neck Flow/Up and Down Neck Flow
Side Lying Knee Bend