



DATE: 12-9-23  
FORMAT: Tornado

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: <b>**transition exercise:</b> 5 Butterfly Sit Ups	L1	L2	L3
			ALT Surrenders	<10	12-20	25+
			1.5 Curls	<10	12-20	25+
			Larsen Press	<15	20-30	35+
			5:5 Swing Snatch Bent Over Row	<15	20-30	35+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>**transition exercise:</b> 3 OTS Stone Toss	L1	L2	L3
			BR Slams	-	-	-
			Push Up Toe Touch	-	-	-
			5:5 KB Russian Swing/KB SCP	<15	20-30	35+
			Kneeling Slam Balls	15	15+	15+

### 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:				
*** 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:

Cobra, repeat 2x  
Side Lying Knee Bend  
Lying Down Internal Twist and Reach  
Heel Press  
Hand Behind Back