



DATE: 1-23-24
FORMAT: Tornado

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: **transition exercise: 10 Full Sit Ups	L1	L2	L3
			Goblet Squat on BOSU	<15	20-30	35+
			Low Plank Knee to Elbow on BOSU	-	-	-
			Sumo Pulse Squat	<20	25-35	40+
			Arms Up Crunch on BOSU	-	Weighted	weighted

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: **transition exercise: 5 Elbow Plank Hip Dips (ea)	L1	L2	L3
			Box Jumps	16"	20"	24"+
			ALT Lateral Lunge/Triple High Knee	-	-	weighted
			5 Lateral Step Ups (ea)	-	Lt SB	Hvy Sb
			MYO Bicep Curls	-	-	-

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:

Standing Figure 4 and Bend
Heel Press
Standing Hamstring with Toe Up
Lying Down Hamstrings Pull
Lying Down Internal Twist and Reach