



DATE: 1-29-24
 FORMAT: Whirlwind

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
2	3	3	5:4 OTH Extension/Box Dips	<10	12-20	25+
8	10	10	Spider curls	<10	12-15	20+
6	8	10	Seated Shoulder Press *on box	<10	12-15	25+
			2nd 5 Mins:			
5	8	10	Diamond push ups	-	-	-
6	8	10	Concentration Curls on Box (ea)	<10	12-15	20+
12	12	12	Lateral Raise	<10	12-15	20+
			3rd 5 Mins:			
			Both Circuits			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	10:10 BR Slams/BR	-	-	-
6	10	10	American KB Swings	<15	20	25+
2	3	3	Jacks Squared	-	-	-
10	10	10	Slamballs	15	20	25+
15	15	15	Soccer Taps on Slamball (ea)	Low impact	Fast	Faster

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:
Seated Glute Stretch
Bear Hug Stretch/Butterfly Stretch
Lying Arm Reach
Cobra/Down Dog
Hand on Head Twist