



DATE: 1-4-24  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 5 Mins:</b>			
10	10	10	Crush Press on BOSU	<15	20-30	35+
10	10	10	Decline ISO Chest Press on BOSU	<15	20-30	35+
10	10	10	Chest Fly	<12	15-20	25+
			<b>2<sup>nd</sup> 5 Mins:</b>			
10	10	10	Pronated Row on BOSU	<10	12-15	20+
7	7	7	ALT Renegade Row	<12	15-25	30+
7	7	7	ALT Row/Reverse Fly	<12	15-25	30+
			<b>3<sup>rd</sup> 5 Mins:</b>			
			Both Circuits			

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	KB Pendulum Swing (ea)	<15	20-25	30
1	2	3	25:3 BR/Push Ups	-	-	-
8:8	10:10	12:12	KB Skull Crusher on Box/KB Pullovers on Box	<15	20-25	30
8	8	8	PLYO Step Ups	-	-	-

### 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
<b>Bike Ride: 1<sup>st</sup> 5mins</b>				
AFAP	Distance Challenge, RPM’s btwn 80-100	.4	.5	.6
	TC			
<b>Bike Ride: 2<sup>nd</sup> 5mins</b>				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	90	100	110+
	TC			
<b>Bike Ride: 3<sup>rd</sup> 5mins</b>				
0:25	High Watts (Odds/Evens take turns) Complete 3x total *Zone 5 is goal for the 3 <sup>rd</sup> time *			
	TC			

### 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  
Lying Down Internal Twist and Reach  
Palm Press  
Lying Arm Reach  
Bear Hug Stretch/Butterfly Stretch