



DATE: 2-10-24
 FORMAT: Whirlwind

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins:			
8	8	8	DB RDL	<15	20-25	30+
6	8	8	Sumo Squats (Racked) *heavy*	<15	20-25	30+
8	8	8	ALT Curtsy Lunge	-	Weighted	weighted
			2 nd 5 Mins:			
8	12	10	Stone Squat	Lt	Lt	Hvy
5	5	5	Split Squat *heavy*	<20	25-30	35+
8	8	8	B-Stance Goblet Squat	<20	25-30	35+
			3 rd 5 Mins:			
			Both Circuits, increase weight by 5lbs			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	Wallballs	8	12-16	20
10	10	10	Bicycle crunches	-	Slow	Slower
6	8	8	KB SCP	<20	25-30	35+
10	10	10	Drop Top	-	-	-
30	40	50	Kneeling BR In & Out	-	-	-

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				
AFAP	Distance Challenge, RPM’s btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2 nd 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	RPMs < 90	RPMS 100+	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts Hold (Odds/Evens take turns) Complete 3x total			
	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:

Crossbody IT Band Stretch
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/Down Dog