



DATE: 2-14-24
 FORMAT: Tornado

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: **transition exercise: 5 Burpees	L1	L2	L3
			Infinity Lunge	<10	12-20	25+
			Double Snatch w/ Squat Jump	<10	12-20	25+
			Gorilla Cleans	<10	12-20	25+
			5:5 OTH Extension/Kickbacks	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: **transition exercise: 5 Candlesticks	L1	L2	L3
			KB Farmers Walk	<20	25-35	40+
			Box Jumps	16"	20"	Alt Single leg
			Stone Squat and Throw	20 slamball	Lt	Hvy
			Wallballs	8	12-16	20

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
Side to Side Neck Flow/Up and Down Neck Flow
Side Lying Knee Bend