



DATE: 2-19-2024
 FORMAT: Whirlwind

STRENGTH Side

Focus: Chest & Back

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
12	10	8	Chest Fly on BOSU	<12	15-20	25+
10	10	10	1:1 Pushup on BOSU/Knee to Elbow on BOSU	Knees	-	+ 2 P.U.
12	10	8	Chest Press on BOSU	<15	20-30	35+
			2nd 5 Mins:			
12	10	8	Incline Chest Fly on BOSU	<12	15-20	25+
10	10	10	Renegade Row on BOSU	<12	15-20	25+
12	10	8	DB Pullover on BOSU	<15	20-25	30+
			3rd 5 Mins:			
			Both Circuits, Add Weight!			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 SB Clean/SB Upright Row	Lt	Lt	Hvy
10	12	12	MYO Chest Press	-	-	Ft at Rig
10	12	15	Air Jacks	-	-	-
8	10	12	MYO Muscle Ups	-	-	-

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			
	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
	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			

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
Lying Arm Reach
Palm Press
Shoulder Extension