



DATE: 2-29-24

FORMAT: Whirlwind

LEAP YEAR DAY, let's "Leap" into March together!

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins:			
8	8	8	Launchers	-	-	Weighted
4	6	8	Snatchue of Liberty	<10	12-20	25+
8	8	8	Center Hold Squat	<20	25-40	45+
			2 nd 5 Mins:			
6	8	8	Lateral Hops on TC (ea)	BW	<10	12-20
6	8	8	TC SuSu	BW	12-15	20+
8	10	12	TC Hop Overs	-	-	-
			3 rd 5 Mins:			
			Both Circuits, Add 5 Reps to every exercise!			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	DAB SB Drag	Lt	Lt	Hvy
8	12	15	MYO Bicep Curls	-	-	-
12	15	20	Box Dips	-	Lt SB	Hvy SB
8	12	12	Box Jumps	-	-	-
6	8	8	ALT Bear Hug Front Lunge	Lt	Lt	Hvy

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	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts (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:

Seated Glute Stretch
Lying Down Figure 4
Lying Down Hamstring Pull
Crossbody IT Band Stretch
Butterfly Stretch