Twisted Cycle

DATE: 2-3-24
FORMAT: Tornado

STRENGTH Side
Focus: Total Body

L1	L2	L3	Exercise: **transition exercise: 10 Candlesticks	L1	L2	L3
			Arnold Press	<10	12-15	20+
			ALT Renegade Row	<10	12-15	20+
			ALT Single Arm Squat/High Row	<10	12-15	20+
			ALT Snatch *heavy*	<15	20-25	30+

HIIT Side
Focus: Total Body/HIIT

L1	L2	L3	Exercise: **transition exercise: 10 MYO Y Raises	L1	L2	L3
			5:5 American KB Swings/KB Halo	<15	20	25+
			Jump Rope	-	Alt	DBLU
			Spider Climbers	-	-	-
			5:5 SB Back Squat/SB Front Squat	Lt	Hvy	Hvy

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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

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 Triceps Extend and Reach
Side Reach
Crossbody IT Band Stretch
Lying Arm Reach
Seated Glute Stretch