



DATE: 3-28-24  
 FORMAT: Tornado

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise: <b>**transition exercise:</b> Tricep Push Ups	L1	L2	L3
			1:1 Kneeling Hammer Curls/Kneeling Shoulder Press	<10	12-20	25+
			2:1 Tricep DB Press/Skull Crushers	<10	12-15	20+
			5:5 HWH Curls/Lateral Raises	<8	10-12	15+
			10:10 Concentration Curl on Box/Box Dips	<10	12-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>**transition exercise:</b> Mtn. Climbers	L1	L2	L3
			Lateral Shuffle Taps	-	Holding WB	Holding WB
			Jump Rope	Single	Alt	Alt
			ALT Wall Ball Lunges	8	12-16	20
			MYO Roll Ins	-	-	-

Bike Protocol:

<b>Bike Abbreviations</b> 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
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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:

Side Lying Knee Bend
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/Down Dog