



DATE: 4-15-24
FORMAT: Whirlwind

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins: *heavy*			
8	8	8	1.5 Goblet Squat	<20	25-35	40+
12	12	12	DB RDL	<20	25-35	40+
8	8	8	B-Stance Goblet Squat	<15	20-25	30+
12	12	12	Weighted Sprinters Lunge	<10	12-15	20+
			2 nd 5 Mins: *heavier*			
			3 rd 5 Mins: *lighter*			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	8	ISO Shoulder Squat with Stone	Lt	Lt	Hvy
12	8	8	Pull Ups	KB row	Asst	Rig
10	12	14	ALT Wallball Push Ups (total)	-	-	-
10	12	14	Wallball Roll Outs	-	-	-
12	8	8	Chin Ups	MYO supinated row	Asst	Rig

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	RPMS < 90	RPMS 100+	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts Hold (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
Sprinter Stretch
Cobra/DownDog