



DATE: 4-16-24  
 FORMAT: Tornado

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: <b>**transition exercise:</b> 20 Bicycle Crunches	L1	L2	L3
			Hammer Curl/Press/OTH Extension	<10	12-15	20+
			Alt Push Up 2 Snatch	<10	12-15	20+
			1:1 Deadlift/Shrug	<20	25-35	40+
			DB Swing Lunge Complex	<10	12-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>**transition exercise:</b> 10 V Ups	L1	L2	L3
			Wallballs	8	12-16	20
			MYO High Hold	-	-	-
			Box Jumps	16"	20"	24"
			KB Farmers Walk	20	30	40

### 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:				
*** 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:

Palm Press  
 Lying Leg Raise  
 Sprinter/Hamstring Flow  
 Side Lying Knee Bend  
 Pigeon Pose