



DATE: 4-27-24
FORMAT: Whirlwind

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins: **25 Jumping Jacks after each round**			
12	15	15	Lateral Raises	<8	10-12	15+
12	12	12	Arnold Press	<10	12-15	20+
			2 nd 5 Mins: **10 Squat Jumps after each round **			
8	10	12	Push Ups on BOSU	Knees	-	-
8	8	8	ALT V Ups on BOSU	-	-	-
			3 rd 5 Mins: ** 20 High Knees after each round **			
20	20	20	Single Leg Hip Bridge on BOSU	-	-	-
8	10	12	SUMO Deadlift	BW	<15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Box Dips	-	Lt SB	Hvy SB
2	3	3	10:5 SB Snatch/Burpees	Lt	Lt	Hvy
10	10	10	MYO Muscle Ups	-	-	-
8	10	12	KB Russian Swings	<15	20-25	30+

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				
	TC			
	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
	Distance Challenge- RPM’s stay over 65	0.3	0.4	0.5
Bike Ride: 3 rd 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

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:

Lying Down Internal Twist and Reach
Crossbody IT Band Stretch
Standing Quad Stretch
Standing Hamstring with Toe Up
Heel Press