



DATE: 4-4-24
FORMAT: Whirlwind

STRENGTH Side

Focus: Quads/Hams/Glutes

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins: Quads			
5	5	5	Split Squat	<12	15-20	25+
5	5	5	Racked Squat	<12	15-20	25+
5	5	5	Center Hold Squat	<20	25-35	40+
			2 nd 5 Mins: Hams			
15	20	20	B-Stance RDL	<10	12-15	20+
15	20	30	Wallball Hamstring Curls	-	-	-
			3 rd 5 Mins: Glutes			
8	8	8	Lateral Lunge w DB (goblet)	<8	12-15	20+
20	25	25	Single Leg Hip Bridge on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ** Increase by 2 reps each round **	L1	L2	L3
4	4	4	Bear Hug Squat	Lt	Lt	Hvy
4	4	4	MYO Hamstring Curls	-	-	-
4	4	4	Lateral SB Drag (ea)	Lt	Lt	Hvy
4	4	4	Bulgarian Split Squat on Box	BW	1 KB	2 KB

Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 st 5mins				
	TC			
AFAP	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
AFAP	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 (RR btwn each)			

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:

Seated Glue Stretch
Lying Down Internal Twist and Reach
Palm Press
Lying Arm Reach
Bear Hug Squat/Butterfly Stretch