



DATE: 5-10-24
FORMAT: Whirlwind

STRENGTH Side

Focus: Gun Show

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins:			
10	10	10	Concentration Curl on Box	<10	12-15	20+
10	10	10	ALT Hammer Curls	<10	12-15	20+
			2 nd 5 Mins:			
10	10	10	Skull Crushers	<10	12-15	20+
10	10	10	Box Dips	Knees bent	Straight	weighted
			3 rd 5 Mins:			
10	10	10	Seated Shoulder Press (on box)	<12	15-20	25+
10	10	10	Lateral Raise	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	KB Double Double	<15	20	20+
8	10	12	KB Russian Swings	<15	20	20+
10	10	10	MYO Roll Ins		knees on BOSU	knees on BOSU
12	12	12	Wallball Sit Up & Toss	8	12-16	20
8	10	12	Lateral BOSU Hops	-	-	weighted

Bike Protocol:

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	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts (Odds/Evens take turns) Complete 3x total			
	TC			

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:

Side to Side Neck Flow/Up and Down Neck Flow
Arm Across Stretch
Pigeon Pose
Crossbody IT Band Stretch
Bear Hug Stretch/Palm Press