



DATE: 5-23-24  
 FORMAT: Whirlwind

### STRENGTH Side

Focus: Lower Body Burn Out

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
7	7	7	Racked Squats	<12	15-25	30+
12	16	20	ALT OTH Back Lunge (total)	<12	15	15+
			2 <sup>nd</sup> 5 Mins:			
10	10	10	Sumo Goblet Squat	<20	20-30	30+
10	10	10	PLYO Sprinters Lunge (ea)	BW	<8	10+
			3 <sup>rd</sup> 5 Mins:			
10	10	12	Goblet Split Squat	<8	10-15	20+
12	15	15	DB RDL	<10	12-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	16	20	Floor Tap Jacks	-	-	-
8	10	12	Cobra Push ups	-	-	-
2	3	4	5:5 Cross Body Mtn. Climbers/Candlesticks	-	-	-
10	12	15	SB Back Squat	Lt	Lt	Hvy
2	3	3	DAB SB Drag	Lt	Lt	Hvy

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 5mins				
2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
	TC			
Bike Ride: 2 <sup>nd</sup> 5mins				
2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
	TC			
Bike Ride: 3 <sup>rd</sup> 5mins				
2:00	Surge Drill- Calories (0:15 RR)	3	4	5
	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
Crossbody IT Band Stretch
Butterfly Stretch