



DATE: 6-11-24
FORMAT: Tornado

STRENGTH Side

Focus: Upper Body Endurance

L1	L2	L3	Exercise: *transition exercise: 8 Side Plank Hip Dips	L1	L2	L3
			5:10 Russian Twist on TC/Jumping Jacks	BW	<10	15+
			5:5 Skull Crushers on TC/Weighted Sit Ups on TC	<8	10-15	20+
			5:5 TC Mtn Climbers/Tricep Push Up on TC	-	-	-
			TC Clean & Press	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: *transition exercise: 10 Walking Lunges	L1	L2	L3
			Rainbow Slams	15	20	25+
			MYO I Raise/MYO Y Raise	-	-	-
			Wallballs	8	12-16	20
			ALT KB Step Up	BW	<20	25+

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:

Side Reach
Standing Figure 4 and Bend
Crossbody IT Band Stretch
Standing Hamstring with Toe Up
Up and Down Neck Flow/Side to Side Neck Flow