



DATE: 6-15-24
 FORMAT: Whirlwind

STRENGTH Side

Focus: Sleeveless in Seattle

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
8	8	8	Rear Delt Raise	<8	10-12	15+
8	8	8	DB Clean & Press	<8	10-12	15+
8	8	8	Lateral Raise	<8	10-12	15+
			2nd 5 Mins:			
10	10	10	1.5 OTH DB Extensions	<8	10-12	15+
10	10	10	Sphinx Push Ups	Knees	-	-
			3rd 5 Mins:			
12	12	12	1.5 Curls	<8	10-12	15+
12	12	12	ALT Crossbody Hammer Curls	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	2	8:8 SB Front Squat/SB Back Squat	Lt	Lt	Hvy
8	10	12	MYO Muscle Ups	-	-	-
12	15	20	MYO Skull Crushers	-	-	-
12	15	15	MYO Roll Ins	-	-	-
8	10	12	Box Jumps	16"	20-24"	Single leg any size

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			
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)			

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