



DATE: 6-1-24
 FORMAT: Tornado

STRENGTH Side

Focus: Lower Body/Abs

L1	L2	L3	Exercise: **transition exercise: 5 Commander Push Ups (ea)	L1	L2	L3
			5:5 Goblet Split Squat	<10	12-15	20+
			5:5 Turkish Sit Up	BW	<10	12-15
			Weighted Squat Jumps	BW	<10	12-15
			5:5 Candlesticks/Toe Touches	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: **transition exercise: 5 Lateral Lunges (ea)	L1	L2	L3
			SB Walking Lunges	Lt	Lt	Hvy
			5:5 MYO Roll Ins/Leg Lifts	-	-	-
			5:5 SB High Row/SB Bicep Curl	Lt	Lt	Hvy
			5:5 American KB Swing/KB SCP	<15	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:

Standing Hamstring with Toe Up
 Palm Press
 Standing Figure 4 and Bend
 Lying Leg Raise
 Sprinter Stretch