



DATE: 6-28-24  
FORMAT: Tornado

### STRENGTH Side

Focus: Back/Bi

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 8 Wide Push Ups			
			45 Degree Curl	<8	10-12	15+
			2:2 Bent Over Row/Shrugs	<12	15-20	25+
			Reverse Fly	<8	10-12	15+
			5 Rotational Rows (ea)	<12	15-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 8 V Ups			
			ALT Back Lunge Hooper	<15	20	20+
			Box Dips	-	-	-
			BR Slams	-	-	-
			Jump Rope	-	-	-

### 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:

Lying Spinal Twist  
Crossbody IT Band Stretch  
Standing Triceps Extend and Reach  
Cat/Cobra  
Hand Behind Back