



DATE: 7-13-24  
 FORMAT: Tornado

### STRENGTH Side

Focus: Total Body Annihilation

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 8 Diamond Push Ups			
			5:5 Squat Press/Weighted Sprinters Lunge	<10	12-15	20+
			5:10 ALT Plank Kick Through/Toe Touches	-	-	-
			Push Ups	Knees	-	-
			5:5 Kneeling Slamball SU	15	20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 12 Pulse Squats			
			Jump Rope	Alt	5:5	DBLU
			KB Russian Swings	<15	20-30	35+
			ALT Jumping Step Ups	16"	20"	24"+
			20:20 BR XTR/ALT Hammer BR	-	-	-

### 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 Down Internal Twist and Reach  
 Standing Triceps Extend and Reach  
 Standing Quad Stretch  
 Standing Hamstring with Toe Up  
 Heel Press