



DATE: 7-20-24  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Legs/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
8	10	12	OTH Back Lunges (ea)	<10	12-15	20+
12	15	15	1.5 Center Hold Squat	<20	25-35	40+
			2 <sup>nd</sup> 5 Mins:			
8	10	10	SSDL	<10	12-15	20+
16	24	30	DB Lateral Drag (total)	<10	12-15	15+
			3 <sup>rd</sup> 5 Mins:			
10	12	15	Sumo Pulse Squat	BW	<15	20+
8	10	12	Rear Delt Raise	<8	10-12	15+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
20	30	40	BR Jacks	-	-	-
12	15	20	Slamball Cradle Squat	15	20	25+
			2 <sup>nd</sup> 5 Mins:			
12	20	30	Incline Shoulder Taps (ft on box) (total)	-	-	-
6	8	8	Jump Squat/Lunge Combo	-	-	-
			3 <sup>rd</sup> 5 Mins:			
8	10	12	1:1 SB Clean/SB Front Squat	Lt	Lt	Hvy
10	12	12	Box Jumps	16"	20"	24"+

#### 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

#### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 5mins				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 <sup>rd</sup> 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

#### 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 Internal Twist and Reach  
Palm Press  
Lying Arm Reach  
Bear Hug Stretch/Butterfly Stretch