



DATE: 8-10-24
FORMAT: Tornado

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 5 Weighted Sit-Ups	<8	10-15	20+
			ALT Incline Chest Press on BOSU	<8	10-15	20+
			Arms Up Crunch on BOSU	BW	<8	10+
			Decline Push-Ups on BOSU	-	-	-
			5:5 Leg Raises/Toe Touches	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: MYO Roll Outs			
			SB Good Mornings	Lt	Lt	Hvy
			MYO High Knee Runners	-	-	-
			SB Squat High Row	Lt	Lt	Hvy
			5:5 Wallballs/B2B Squats	8	12-16	20
12	18	20	OLYMPIC FINISHER: Woodchoppers (each side) (badminton)	Bronze	Silver	Gold

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:

Side Reach
Standing Triceps Extend and Reach
Standing Quad Stretch
Standing Hamstring with Toe Up
Heel Press