



DATE: 8-17-24
 FORMAT: Whirlwind

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins:			
12	12	15	DB RDL	<10	12-20	25+
12	12	15	Sumo Squat	BW	<15	20+
			2 nd 5 Mins:			
10	12	15	Wallball Hamstring Curls	-	-	-
10	12	15	Goblet Split Squat	BW	<15	20+
			3 rd 5 Mins:			
10	12	15	Center Hold Squat	<20	25-40	45+
15	25	30	B2B Squats	-	-	-

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	ALT KB Russian Swings	<15	20-25	30+
2	3	4	DAB Lateral Shuffle Taps	-	-	-
12	15	20	Slamballs	15	20	25+
10	12	15	Box Jumps	Any height	Any height	Any height

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: 1 st 5mins				
2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
	TC			
Bike Ride: 2 nd 5mins				
2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
	TC			
Bike Ride: 3 rd 5mins				
2:00	Surge Drill- Calories (0:15 RR)	3	4	5
	TC			

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
Seated Glute Stretch
Standing Quad Stretch
Hand Behind Back
Side Reach