



DATE: 8-28-24

FORMAT: Whirlwind \*\*\* Level Up Day \*\*\*

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
15	20	25	TC Heel Squats	-	-	-
15	20	25	Decline Chest Press on TC	<15	20-35	40+
			2 <sup>nd</sup> 5 Mins:			
15	20	25	Front Loaded Hammer Curls	<10	12-20	25+
20	30	40	ALT Back Lunge w TC OTH (total)	-	-	-
			3 <sup>rd</sup> 5 Mins:			
15	20	25	Sumo Deadlift	<20	25-35	40+
15	20	25	TC Clean & Press	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	10:10 BR/ALT BR	-	-	-
15	20	25	MYO Skull Crushers	-	-	Ft @ rig
10	15	20	OTS Stone Toss	Lt	Hvy	Hvy
15	20	25	SB Bicep Curls	Lt	Hvy	Hvy

### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 5mins				
	TC			
AFAP	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
AFAP	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 (RR btwn each)			

### 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

### 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:

Heel Press  
 Lying Leg Raise  
 Sprinter/Hamstring Flow  
 Side Lying Knee Bend  
 Pigeon Pose