



DATE: 8-6-24

FORMAT: Whirlwind \*3-Min Distance Challenge

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
5	5	5	Racked Squat *heavy	<20	20-30	35+
20	30	40	ALT Front Lunge (total)	BW	<10	12+
			2 <sup>nd</sup> 5 Mins:			
6	8	10	Curtsy Split Squat	BW	<12	15+
8	10	12	Weighted Sprinter's Lunge	<8	10-15	20+
			3 <sup>rd</sup> 5 Mins:			
6	8	10	SSDL	<8	10-15	20+
12	15	20	Wallball Hamstring Curls	-	-	-

### HIIT Side

Focus: HIIT/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
6	8	10	Bulgarian Split Squat on Box	BW	<15 KB	20+KB
8	10	12	Burpees	-	-	-
			2 <sup>nd</sup> 5 Mins:			
10	16	20	ALT SB Surrenders (total)	BW	Lt	Hvy
15	20	25	MYO Roll Ins	-	-	-
			3 <sup>rd</sup> 5 Mins:			
8	10	10	SB Wipers	Lt	Lt	Hvy
12	15	20	MYO Hamstring Curls	-	-	-
100	200	300	OLYMPIC FINISHER: High Knees (hurdles)	Bronze	Silver	Gold

### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 5mins				
3:00	Distance Challenge-AFAP			
	TC			
Bike Ride: 2 <sup>nd</sup> 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	90	100	110+
	TC			
Bike Ride: 3 <sup>rd</sup> 5mins				
0:25	High Watts (Odds/Evens take turns) Complete 3x total			
	TC			

### 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:

Side Reach  
 Standing Figure 4 and Bend  
 Crossbody IT Band Stretch  
 Hand on Head Twist  
 Up and Down Neck Flow/Side to Side Neck Flow