



DATE: 9-12-24  
 FORMAT: Whirlwind

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
6	8	10	Curtsey Split Squat	BW	<10	15+
8	10	12	Kneeling Y Raise	<8	10-12	15+
			2 <sup>nd</sup> 5 Mins:			
8	10	12	Dragon Flies	<8	10-15	20+
12	15	20	Toe Touches	-	-	-
			3 <sup>rd</sup> 5 Mins:			
6	8	8	Sumo Goblet Squats	<20	25-35	40+
8	10	12	Hammer Curls	<10	12-15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	12	10	Chin Ups	MYO Supinated Curls	Asst	Rig
50	60	80	Jump Rope	-	-	-
6	8	8	ALT KB Russian Swings	<15	20-30	35+
8	10	12	Broad Jumps	-	-	-

### Bike Protocol:

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 5mins				
AFAP	Distance Challenge, RPM's btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2 <sup>nd</sup> 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	RPMs < 90	RPMS 100+	110+
	TC			
Bike Ride: 3 <sup>rd</sup> 5mins				
0:25	High Watts Hold (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  
 Bear Hug Stretch  
 Standing Hamstring with Toe Up  
 Standing Triceps Extend and Reach