



DATE: 9-26-24
FORMAT: Whirlwind

STRENGTH Side

Focus: Calorie Crusher

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5 Mins:			
15	20	25	Squat Drops	-	-	-
12	15	20	Swing Snatch	<10	12-15	20+
			2 nd 5 Mins:			
5	6	7	Man Makers	<10	12-15	20+
12	15	20	Slamballs	15	20-25	30+
			3 rd 5 Mins:			
12	15	20	Seated Shoulder Press	<10	12-15	20+
4	5	6	Single Leg Burpees	-	-	-

HIIT Side

Focus: Stone HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	Kneeling BR	-	-	-
4	6	8	OTS Stone Toss	Lt	Lt	Hvy
2	3	4	DAB Lateral Shuffle Taps	-	-	Holding WB
20	30	40	High Knees	-	-	Holding WB
2	3	4	DAB OTH Stone Carry	Lt	Lt	Hvy

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				
	TC			
	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 rd 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

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 Arm Reach
Cobra/DownDog
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pigeon Pose