



DATE: 9-7-24
FORMAT: Tornado

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 30 Second Plank			
			10:10 Lateral Raise/Front Raise	<8	10-12	15+
			Butterfly Sit Ups	-	-	-
			10:10 Shoulder Press/Upright Row	<8	10-15	20+
			10:10 Leg Raises/Flutter Kicks	-	-	-

HIIT Side

Focus: Upper Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 5 Broad Jumps			
			2:2 MYO High Row/MYO Y Raise	-	-	-
			2:10 Half Burpees/Jumping Jacks	-	-	-
			BR In and Outs	-	-	-
			ALT Russian KB Swings	<15	20-25	30+

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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:

Standing Figure 4 and Bend
Heel Press
Standing Hamstring with Toe Up
Lying Down Internal Twist and Reach
Side Lying Knee Bend