



DATE: 10-31-24  
 FORMAT: Whirlwind

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
1	1	1	21's	<8	10-15	20+
8	10	10	ALT Hammer Curls	<8	10-20	25+
			2 <sup>nd</sup> 5 Mins:			
10	10	12	Kickbacks	<8	10-15	15+
3	4	4	3:5 Skull Crusher/Tricep DB Press	<8	10-20	25+
			3 <sup>rd</sup> 5 Mins:			
2	3	4	5:5 In & Outs/Shoulder Taps	-	-	-
2	3	3	5:5 Lateral Raise/Front Raise	<8	10-12	15+

### HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	KB Hammer Curls	<15	20	20+
40	60	100	Jump Rope	-	-	-
10	10	10	Kneeling Wallballs	Standing @ 12	16	20
10	12	15	KB Skull Crushers	<15	20-30	35+

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 5mins				
2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
	TC			
Bike Ride: 2 <sup>nd</sup> 5mins				
2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
	TC			
Bike Ride: 3 <sup>rd</sup> 5mins				
2:00	Surge Drill- Calories (0:15 RR)	3	4	5
	TC			

### 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:

Sprinter's Rotational Stretch
Side Lying Knee Bend
Standing Quad Stretch
Bear Hug Stretch/Butterfly Stretch
Heel Press