



DATE: 10-7-24
 FORMAT: Whirlwind

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 Mins:			
8	10	12	Single Arm OTH Extension	<10	12-15	20+
6	8	10	ALT Crossbody Hammer Curls	<10	12-15	20+
			2nd 5 Mins:			
1	1	1	21's	<8	10-15	20+
8	10	10	ISO Skull Crushers	<8	10-15	20+
			3rd 5 Mins:			
10	10	10	Reverse Skull Crushers	<8	10-15	20+
8	10	10	45 Degree Curls	<8	10-15	20+

HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	15	MYO Muscle Ups	-	-	Ft @ rig
10	12	15	Slamballs	15	20	20+
10	10	12	KB OTH Extensions	<15	20-25	30+
20	30	40	Fast Jacks	-	-	-
10	12	12	SB Bicep Curls	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: 1st 5mins				
AFAP	Distance Challenge, RPM's btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2nd 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	90	100	110+
	TC			
Bike Ride: 3rd 5mins				
0:25	High Watts (Odds/Evens take turns) Complete 3x total			
	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:
Side Reach
Heel Press
Butterfly Stretch
Cat/Cobra
Sprinter's Rotational Stretch