



DATE: 11/21/24
FORMAT: Whirlwind

STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			1st			
8	8	8	Racked Squat	<12	15-25	30+
6	7	7	Statue of Liberty (ea)	<12	15-25	30+
			2nd			
15	15	15	Hamstring Curl w/ wallball	-	-	-
10	10	10	SSLDL (ea)	<12	15-25	30+
			3rd			
7	7	7	Curtsey split squats (ea)	<10	12-20	25+
7	7	7	Lateral Lunge (racked) (ea)	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Single Arm Russian Swing (ea)	<15	20-30	35+
10	10	10	KB lateral Drag (ea)	<15	20-30	35+
8	8	8	Zercher Step Ups w/ SB (ea)	Lt	Lt	hvy
8	10	12	MYO Jump squat/lunge combo	-	-	-

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

Time	Type	L1	L2	L3
Bike Ride: 1 st 5mins				
AFAP	Distance Challenge, RPM's btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2 nd 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	RPMs < 90	RPMS 100+	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts Hold (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:

Lying down figure 4
Sprinter/Hamstring flow
Side lying knee bend
Seated glute stretch
Cat/Cow