



DATE: 11-5-24  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5 Mins:			
16	20	30	Split Squat *high rep (ea)	BW	<10	15+
16	20	30	DB Clean/Racked Squat *high rep	<8	10-20	25+
			2 <sup>nd</sup> 5 Mins:			
10	12	16	ISO Surrenders *high rep (ea)	BW	<10	12+
16	16	16	SSDL *mid rep	<8	10-15	20+
			3 <sup>rd</sup> 5 Mins:			
			1 <sup>st</sup> and 2 <sup>nd</sup> Circuits: ½ Reps + Heavier Weights			

### HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	Little Man in the Woods	-	-	-
12	15	20	SB B2Ball Front Squat	Lt	Lt	Hvy
10	12	15	Box Jumps	Any height	Any height	Any height
6	8	10	KB Bulgarian Split Squat (ft on box)	<15	15-20	20-25

### 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				
	TC			
AFAP	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
AFAP	Distance Challenge- RPM’s stay over 65	0.3	0.4	0.5
Bike Ride: 3 <sup>rd</sup> 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x (RR btwn each)			

### 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
Bear Hug Stretch/Butterfly Stretch
Sprinter’s Rotational Stretch
Crossbody IT Band Stretch
Pigeon Pose