



DATE: 12/23
FORMAT: Whirlwind

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
8	10	12	Warrior Press on BOSU	<12	15-20	25+
8	10	12	Dragon Flies	<12	15-20	25+
			2 nd 5			
4	6	8	Devil's Press	<12	15-25	30+
4	5	6	DB Rover	<12	15-25	30+
			3 rd 5			
8	10	12	Push Press	<12	12-25	30+
8	10	12	Arms Up Crunch on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
10	12	15	Box Jumps	-	-	-
6	8	10	Wallball Yo-Yo	<12	16	20
			2 nd 5			
4	5	6	ALT Wallball Push-Ups (ea)	-	-	-
4	6	8	KB Double Double	<15	20-25	30+
			3 rd 5			
4	6	8	Jacks Squared	-	-	-
8	10	12	Candlesticks	-	-	-

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: 1 st 5mins				
	TC			
AFAP	Distance Challenge- RPM's stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
AFAP	Distance Challenge- RPM's stay over 65	0.3	0.4	0.5
Bike Ride: 3 rd 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:

Arm Across Stretch
Hand Behind Back
Butterfly Stretch
Crossbody IT Band Stretch
Cobra