



DATE: 12/18
FORMAT: Tornado

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 7 Butterfly Sit Ups			
			TC Press	-	-	-
			SuSu Jack on TC	-	-	-
			Grave Digger	<15	20-25	30+
			Wipers (holding TC)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 7 MYO Roll Outs			
			ALT BR Surrenders	-	-	-
			ALT KB ATW/Upright Row	<15	20-30	35+
			20:3 Hand Knee Crossover/Atomic Frog	-	-	-
			10:10 Bicycle Crunch/Knees Up Crunch	-	-	-

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

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 Leg Raise
Arm Across Stretch
Cobra
Shoulder Extension
Downward dog