



DATE: 12/5
FORMAT: Whirlwind

STRENGTH Side

Focus: ARMS/ABS

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 min			
8	8	8	Concentration Curl on Box (ea)	<12	15-20	25+
7	7	7	1.5 hammer curls	<12	15-20	25+
8	8	8	Spider Curls	<12	15-20	25+
			2nd 5 min			
8	8	8	Alt Skull crushers (ea)	<12	15-20	25+
8	8	8	DBL OTH extension	<10	12-20	25+
6	6	6	Alt close grip press (ea)	<15	20-30	35+
			3rd 5 mins			
15	15	15	Buzz saw plank	-	-	-
8	8	8	Up and Overs (ea)	-	-	-

HIIT Side

Focus: ARMS/ABS/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 min			
10	12	12	KB kneeling curl	<15	20-30	35+
30	50	75	ALT BOSU hammer BR (ea)	-	-	-
			2nd 5 min			
4	4	4	BOSU SMS	-	-	-
10	12	12	KB skull crushers on BOSU	<15	20-30	35+
			3rd 5 mins			
7	7	7	BOSU burpee	-	-	-
7	7	7	KB Kneeling Haybalers (ea)	<15	20-30	35+

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				
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	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts (Odds/Evens take turns) Complete 3x total			
	TC			

Recovery Protocol:

Lying Down Internal Twist and Reach
Standing Triceps Extend and Reach
Side Reach
Downward dog
Cobra

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