



DATE: 12/6  
 FORMAT: Tornado

### STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise:                      | L1  | L2    | L3  |
|----|----|----|--------------------------------|-----|-------|-----|
| 6  | 6  | 6  | Transition Exercise: Inchworms |     |       |     |
|    |    |    | Push Ups                       | -   | -     | -   |
|    |    |    | Squat press/alt OTH back lunge | <10 | 12-15 | 20+ |
|    |    |    | DB Deadlift/shrug              | <15 | 20-30 | 35+ |
|    |    |    | 8:8 Single Leg Press           | <15 | 20-30 | 35+ |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:               | L1  | L2    | L3  |
|----|----|----|-------------------------|-----|-------|-----|
| 20 | 20 | 20 | Transition Exercise: BR | -   | -     | -   |
|    |    |    | DAB OTH KB Hold         | <15 | 20-30 | 35+ |
|    |    |    | Jump Rope               | -   | -     | -   |
|    |    |    | High Plank Bridge       | -   | -     | -   |
|    |    |    | SB drag                 | Lt  | Lt    | hvy |

### 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! *** |      |    |    |    |
|  |      |    |    |    |
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|  |      |    |    |    |

#### 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:

Hand Behind Back  
 Crossbody IT Band Stretch  
 Lying Down Hamstring Pull  
 Sprinter Stretch  
 Lying Spinal Twist