



DATE: 1/23
 FORMAT: Whirlwind

STRENGTH Side

Focus: Shaky Legs!

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 mins			
4	4	4	Around the World Lunge	-	-	-
7	7	7	Racked Sumo Squat	<20	25-35	40+
			2nd 5 mins			
5	5	5	Launchers	-	-	-
5	5	5	Plyo Lateral Lunge	-	-	-
			3rd 5 mins			
15	20	25	Pulse Squats	-	-	-
8	8	8	Split Squat	<10	12-20	25+

HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 5 mins			
12	15	20	MYO Mtn. Climbers	-	-	-
12	15	20	ALT KB Side Step Swing (ea)	<15	20-30	35+
			2nd 5 mins			
15	20	25	BR w/ Out to In Hop	-	-	-
7	7	7	KB Figure 8 (ea)	<15	20-30	35+
			3rd 5 mins			
8	8	8	ALT BR Surrenders (ea)	-	-	-
8	10	10	Stone Squat	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: 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:

Crossbody IT Band Stretch
Lying Down Figure 4
side lying knee bend
Sprinter/Hamstring Flow
Standing Quad Stretch