



DATE: 1/27
FORMAT: Tornado

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 10 Air Squats			
			Heels Up Squat on TC (goblet)	<15	20-30	35+
			Suitcase Swing	<15	20-30	35+
			Straight Arm Sit-Up on TC	<8	10-12	15+
			TC Complex	-	-	-

HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 3 Jumping Lunges (ea)			
			MYO Hamstring Runner	-	-	-
			MYO Blast Off Squat	-	-	-
			Wallball V-Ups	12	16	20
			Slam Balls	20	20	20

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:

Pigeon Pose
Heel Press
Side Reach
Seated glute stretch
Sprinters Rotational Stretch