



DATE: 1/2

FORMAT: Tornado

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 3 Inch Worms			
			DB Clean/Racked Squat	<15	20-30	35+
			Yo-Yo Front Raise	<10	12-15	20+
			10:10 Standing Crush Press/Upright Row	<10	12-15	20+
			ALT Plank Hip Dips (ea)	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 10 High Knee Crossovers (ea)			
			Jumping Wallball	<12	16	20
			5:5 KB OTH Press/KB Halo (ea)	<15	20-30	35+
			BR Jacks	-	-	-
			SSD Wallball Knee Tucks	<12	16	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:

**Seated glute stretch**  
**Shoulder Extension**  
**Sprinter Stretch**  
**Arm Across Stretch**  
**Standing Quad Stretch**