



DATE: 1/8  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Bi/Tri/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5:			
8	10	10	Zottman Curl	<10	12-15	20+
6	8	8	1.5 Hammer Curl	<10	12-15	20+
			2 <sup>nd</sup> 5:			
10	12	15	Kneeling Shoulder Press	<10	12-20	25+
7	7	7	L-Raise (ea)	<8	10-12	15+
			3 <sup>rd</sup> 5:			
10	12	15	Diamond Push-Ups	Knees	-	-
8	10	12	Single Arm OTH Extension (ea)	<10	12-15	20+

### HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5:			
30	40	50	Hammer BR	-	-	-
10	12	15	KB Kneeling Curl	<15	20-25	30+
			2 <sup>nd</sup> 5:			
4	4	4	Stone Crushers	Lt	Lt	Hvy
8	8	8	KB Samson Press (ea)	<15	20-25	30+
			3 <sup>rd</sup> 5:			
12	15	15	KB Double High Pull	<15	20-25	30+
15	4	8	MYO Dips	Box	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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 <sup>st</sup> 5mins				
2:00	Surge Drill- Energy Points (0:15 RR)	5	6	7
	TC			
Bike Ride: 2 <sup>nd</sup> 5mins				
2:00	Surge Drill- Distance (0:15 RR)	.1	.2	.2+
	TC			
Bike Ride: 3 <sup>rd</sup> 5mins				
2:00	Surge Drill- Calories (0:15 RR)	3	4	5
	TC			

### 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:

Lying Down Internal Twist and Reach
Standing Triceps Extend and Reach
Arm Across Stretch
Butterfly Stretch
Seated glute stretch