



DATE: 2/7
FORMAT: Whirlwind

STRENGTH Side

Focus: BACK/SHOULDERS

L1	L2	L3	Exercise:	L1	L2	L3
			1 ST 5			
12	15	20	Bent Over Row w/ TC	-	-	-
8	8	8	TC Bear Row	<10	12-20	25+
			2 ND 5			
12	15	20	Back Ext on TC	-	-	-
8	8	8	ALT Kneeling Shoulder Press (ea)	<10	12-20	25+
			3 RD 5			
10	10	10	Amped Snow Angel	<8	10	12
8	8	8	Standing Crush Press	<10	12-15	20+

HIIT Side

Focus: HIIT/BACK/SHOULDERS

L1	L2	L3	Exercise:	L1	L2	L3
			1 ST 5			
2	3	4	DAB Bear Crawl	-	-	-
8	8	8	ALT KB Gorilla Row (ea)	<15	20-30	35+
			2 ND 5			
8	8	8	KB Snatch (ea)	<15	20-30	35+
8	8	8	Kneeling Wallball	<12	16	20
			3 RD 5			
8	8	8	KB Halo (ea)	<15	20-30	35+
15:4	15:6	15:8	Fast Jacks/Yo-Yos	-	-	-

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				
AFAP	Distance Challenge, RPM's btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2 nd 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	90	100	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts (Odds/Evens take turns) Complete 3x total			
	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:

Butterfly Stretch
Arm Across Stretch
Pigeon Pose
Hand Behind Back
Sprinter's Rotational Stretch