



DATE: 3/12  
FORMAT: Tornado

### STRENGTH Side

Focus: Back/Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 3 burpees			
			5:5 Plyo Bulgarian Split Squat on TC	-	-	-
			Slamball Cradle Squat	20	20	20
			Kneeling slam Balls	20	20	20
			5:5 TC Plank Jack/TC Row	-	-	-

### HIIT Side

Focus: Back/Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 3 burpees			
			KB Pivot Squat	<15	20-30	35+
			5:5 Single Arm KB Row (ea)	<15	20-30	35+
			SB Snatch	Lt	Lt	Hvy
			Spider Climbers	-	-	-

### 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:

Heel Press  
Standing Figure 4 and Bend  
Sprinter's Rotational Stretch  
Standing Quad Stretch  
Cat/Cow