



DATE: 3/31
 FORMAT: Tornado

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 10 Crossbody Mt Climbers on Bosu			
			Dragon Fly	<12	15-20	25+
			Russian Twists on Bosu	<12	15-20	25+
			Incline Chest Fly on BOSU	<12	15-20	25+
			Chest press on BOSU **Heavy	<15	20-25	30+

HIIT Side

Focus: Chest/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: Myo Chest Press			
			5:10 Burpee/BR	-	-	-
			Cyclist Press	<15	20-25	30+
			10:10 MYO Mt Climbers: MYO Knee Tucks	-	-	-
			Kick Through/Jump Squat	-	-	-

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:

Lying down internal twist and reach
Standing triceps extend and reach
Arm Across Stretch
Hand Behind Back
Side Reach