



DATE: 3/6  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5			
7	7	7	ISO Shoulder Press (ea)	<12	15-25	30+
10	10	10	Lateral Raise	<10	12-15	20
			2 <sup>nd</sup> 5			
7	7	7	Reverse Curls	<10	12-15	20+
7	7	7	Standing Preacher Curls	<10	12-15	20+
			3 <sup>rd</sup> 5			
10	10	10	Skull Crushers	<10	12-20	25+
10	10	10	OTH Ext (kneeling)	<15	20-25	30+

### HIIT Side

Focus: HIIT/Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5			
15	15	15	KB Upright Row	<20	25-35	40+
5	5	5	DAB Jumping Inchworm	-	-	-
			2 <sup>nd</sup> 5			
7	7	7	KB Curl/Press	<15	20-25	30+
7	7	7	1: KB SCP/ALT Halo	<15	20-25	30+
			3 <sup>rd</sup> 5			
10	10	10	KB Skull Crusher on Box	<15	20-25	30+
10	10	10	Wallball Jump N' Press	8	12	16

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

Standing Hamstring with Toe Up  
Standing Triceps Extend and Reach  
Lying Leg Raise  
Lying Down Internal Twist and Reach  
Sprinter Stretch