



DATE: 4/14
 FORMAT: Tornado

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 10 Soccer Taps on Slamball			
			1.5 Goblet Squat	<15	20-30	35+
			Slamball	20	20	20
			ALT Jump Lunge	-	-	-
			Slamball/OTS Toss	20	20	20

HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 5 Yo-Yos			
			ALT BR on BOSU (ea)	-	-	-
			Broad Jump/High Knees Back	-	-	-
			BR Jacks	-	-	-
			SB Bear Hug Squat	Lt	Lt	Hvy

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:

Standing Quad Stretch
Standing Figure 4 and Bend
Sprinter Stretch
Seated glute stretch
Butterfly Stretch