



DATE: 4/3  
 FORMAT: Whirlwind

### STRENGTH Side

Focus: Gun Show

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5			
-	-	-	21s	<10	12-15	20+
12	12	12	Concentration Curl on Box	<10	12-15	20+
			2 <sup>nd</sup> 5			
6	10	15	Triceps Push-Ups	-	-	-
4	4	5	1:5 Skull Crusher/ DB triceps press on box	<12	15-20	25+
			3 <sup>rd</sup> 5			
2	3	4	5:5 In-Outs/Shoulder taps (ea)	-	-	-
8	8	8	L-Raise (ea)	<8	10-15	20+

### HIIT Side

Focus: HIIT/

L1	L2	L3	Exercise:	L1	L2	L3
10	10	12	KB Curl/Press	<15	20-30	35+
8	10	12	MYO Muscle Up	-	-	-
6	8	10	Broad Jump Burpee	-	-	-
6	6	8	ALT KB ATW/Upright Row (ea)	<15	20-30	35+

### 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:

<b>Sprinters rotational Stretch</b>
<b>Side lying knee bend</b>
<b>Standing Quad stretch</b>
<b>Bear hug stretch/Butterfly Stretch</b>
<b>Heel press</b>