



DATE: 5/1
FORMAT: Whirlwind

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
8	10	12	ALT Arnold Press (ea)	<12	15-20	25+
5	5	5	IVT Raise	<8	10-12	15+
			2 nd 5			
8	10	12	ISO Skull Crusher on TC (ea)	<10	12-15	20+
8	10	12	Triceps DB Press on TC	<12	15-25	30+
			3 rd 5			
8	10	12	Kneeling Hammer Curl on TC	<10	12-20	25+
5	5	5	DB ISO Bicep Curl Hold (ea)	<10	12-15	20+

HIIT Side

Focus: Arms/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
10	15	20	Jumping Jacks w/ Slamball OTH	20	20	20
10	12	15	Incline Shoulder Taps on Box (ea)	-	-	-
			2 nd 5			
6	8	10	Spiderman/Push-Up (Total)	-	-	-
8	10	12	Box Dips	-	-	-
			3 rd 5			
30	40	50	Hammer BR	-	-	-
8	8	8	SB Bicep Curl	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: 1 st 5mins				
AFAP	Distance Challenge, RPM’s btwn 80-100	.4	.5	.6
	TC			
Bike Ride: 2 nd 5mins				
0:25	Sprints (Odds/Evens take turns) Complete 3x total	RPMs < 90	RPMS 100+	110+
	TC			
Bike Ride: 3 rd 5mins				
0:25	High Watts Hold (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:

Lying Down Internal Twist and Reach
Standing Triceps Extend and Reach
Side Reach
Downdog
Cobra