



DATE: 5/2

FORMAT: Tornado

### STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise:                                    | L1  | L2    | L3  |
|----|----|----|--|-----|-------|-----|
|    |    |    | <b>Transition Exercise:</b> Butterfly Sit-Up |     |       |     |
|    |    |    | Yo-Yo/Hammer Curl                            | <10 | 12-15 | 20+ |
|    |    |    | Push Ups                                     | -   | -     | -   |
|    |    |    | Countdowns                                   | -   | -     | -   |
|    |    |    | Devil's Press                                | <10 | 12-15 | 20+ |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:                                 | L1 | L2 | L3 |
|----|----|----|---|----|----|----|
|    |    |    | <b>Transition Exercise:</b> MYO Roll Outs |    |    |    |
|    |    |    | ALT BR (ea), BR                           | -  | -  | -  |
|    |    |    | MYO B2G Row/MYO Muscle Up                 | -  | -  | -  |
|    |    |    | Jumping Wallball                          | -  | -  | -  |
|    |    |    | Lateral Walking Slams                     | 20 | 20 | 20 |

### 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:

**Hand Behind Back**  
**Crossbody IT Band Stretch**  
**Lying Down Hamstring Pull**  
**Sprinter Stretch**  
**Lying Spinal Twist**