



DATE: 5/28
FORMAT: Whirlwind

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
10	12	15	Center Hold Squat	<20	25-40	45+
8	8	8	Curtsey Split Squat (ea)	-	<12	15+
			2 nd 5			
5	5	5	ALT Back to Front Lunge (ea)	-	<15	20+
7	7	7	Plyo Lateral Lunge (ea)	-	-	-
			3 rd 5			
10	12	15	DB RDL	<20	25-40	45+
10	12	15	Single Leg Hip Bridge (ea)	-	-	-

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
12	15	20	Jumping Wallball	<12	16	20
12	15	20	SB Bear Hug Squat	Lt	Lt	hvy
			2 nd 5			
5	5	5	KB Snatchue of Liberty (ea)	<15	20-25	30+
7	7	7	ALT KB Russian Swing (ea)	<15	20-25	30+
			3 rd 5			
5	5	5	Stone Crushers	Lt	Lt	hvy
7	7	7	OTH KB Step Up (ea)	<15	20-25	30+

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				
	TC			
	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
	Distance Challenge- RPM’s stay over 65	0.3	0.4	0.5
Bike Ride: 3 rd 5mins				
	TC			
0:20	Class High Watts Hold, complete 3x			

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:

Crossbody IT Band Stretch
Lying Down Figure 4
Pigeon Pose
Seated glute stretch
Sprinters Rotational Stretch