



DATE: 5/8
FORMAT: Whirlwind

STRENGTH Side

Focus: Back/Shoulders/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
7	7	7	Wrecking Balls	20	20	20
7	7	7	Rotational Row (ea)	<12	15-20	25+
			2 nd 5			
10	12	15	BOSU Mtn. Climbers (ea)	-	-	-
7	7	7	Warrior Press on BOSU (ea)	<10	12-15	20+
			3 rd 5			
7	8	9	ALT Weighted Lateral Hops on BOSU (ea)	<10	12-15	20+
10	12	15	Incline Skull Crusher on BOSU	<10	12-15	20+

HIIT Side

Focus: Back/Shoulders/Triceps/HIIT

L1	L2	L3	Exercise: **Complete the KB Exercises as a complex	L1	L2	L3
			1 st 5			
5:5	7:7	10:10	Russian Swing/American Swing	<15	20-25	30+
5:5	7:7	10:10	Single Arm KB Row/KB Upright Row	<15	20-25	30+
			2 nd 5			
3:3	5:5	6:6	DBL KB Clean/DBL KB Press	<15	20	25+
3:3	5:5	6:6	DBL KB Deadlift/Gorilla Row	<15	20	25+
			3 rd 5			
6	8	10	Burpee	-	-	-
8	10	12	MYO Skull Crushers	-	-	-

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	90	100	110+
	TC			
Bike Ride: 3 rd 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:

Lying Spinal Twist
Sprinters Rotational Stretch
Hand Behind Back
Butterfly Stretch
Standing Triceps Extend and Reach