



DATE: 7/26
FORMAT: Whirlwind

STRENGTH Side

Focus: Lower Body Power

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
6	6	7	ALT Back to Front Lunge (ea)	BW	<15	20+
10	10	10	Sumo Deadlift	<15	20-40	45+
			2nd 5			
15	20	25	Single Leg Hip Bridge (ea)	-	-	-
10	10	10	Curtsey Lunge (ea)	BW	<15	20+
			3 rd 5			
6	6	7	1.5 DB RDL	<15	20-30	35+
10	12	15	Wallball Hamstring Curl	-	-	-

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
8	8	8	KB Bottoms Up Split Squat (ea)	<10	15-20	25+
15	15	15	SB Front Squat	Lt	Hvy	hvy
			2nd 5			
4	5	6	MYO Abducted Lunge	-	-	-
15	20	25	MYO Hip Bridge	-	-	-
			3 rd 5			
10	12	15	MYO Mtn. Climbers (ea)	-	-	-
8	10	12	Lateral Shuffle Tap (Total)	-	-	-

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			
AFAP	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 nd 5mins				
	TC			
AFAP	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 (RR btwn each)			

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:

Buzz Saw Plank
ALT V-Up (ea)
High Plank Toe Touches
Scissor Kicks
Toe Press Ups