



DATE: 6/26
 FORMAT: Whirlwind

STRENGTH Side

Focus: Shaky Legs!

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|------------------------|-----|-------|-----|
| | | | 1st 5 mins | | | |
| 4 | 4 | 4 | Around the World Lunge | - | - | - |
| 7 | 7 | 7 | Racked Sumo Squat | <20 | 25-35 | 40+ |
| | | | 2nd 5 mins | | | |
| 5 | 5 | 5 | Launchers | - | - | - |
| 5 | 5 | 5 | Plyo Lateral Lunge | - | - | - |
| | | | 3rd 5 mins | | | |
| 15 | 20 | 25 | Pulse Squats | - | - | - |
| 8 | 8 | 8 | Split Squat | <10 | 12-20 | 25+ |

HIIT Side

Focus: Legs/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-----------------------------|-----|-------|-----|
| | | | 1st 5 mins | | | |
| 12 | 15 | 20 | MYO Mtn. Climbers | - | - | - |
| 12 | 15 | 20 | ALT KB Side Step Swing (ea) | <15 | 20-30 | 35+ |
| | | | 2nd 5 mins | | | |
| 15 | 20 | 25 | BR w/ Out to In Hop | - | - | - |
| 7 | 7 | 7 | KB Figure 8 (ea) | <15 | 20-30 | 35+ |
| | | | 3rd 5 mins | | | |
| 8 | 8 | 8 | ALT BR Surrenders (ea) | - | - | - |
| 8 | 10 | 10 | Stone Squat | 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 | | | | |
| | 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:

| |
|-----------------------------|
| ALT Leg Raise (ea) |
| Bicycle Crunch |
| Reverse Crunch |
| Wipers |
| Straight Leg Sit-Ups |