



DATE: 8/13
 FORMAT: Tornado

STRENGTH Side

Focus: Back/Legs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 3 burpees			
			5:5 Plyo Bulgarian Split Squat on TC	-	-	-
			Slamball Cradle Squat	20	20	20
			Kneeling slam Balls	20	20	20
			5:5 TC Plank Jack/TC Row	-	-	-

HIIT Side

Focus: Back/Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 3 burpees			
			KB Pivot Squat	<15	20-30	35+
			5:5 Single Arm KB Row (ea)	<15	20-30	35+
			SB Snatch	Lt	Lt	Hvy
			Spider Climbers	-	-	-

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:

V-Ups

Russian Twist

Toe Touches

Reverse Crunch

1.5 Sit-Up