



DATE: 9/1

FORMAT: Tornado

### STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 3 Push Ups			
			Dragon Fly	<12	15-20	25+
			Incline Chest Fly on BOSU	<15	20-25	30+
			Crossbody Knee to Elbow on Bosu	-	-	-
			Chest press on BOSU	<15	20-25	30+

### HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			Transition Exercise: 5 Butterfly Sit Ups			
			Kick Through/Jump Squat	-	-	-
			MYO Chest Press	-	-	-
			Cyclist Press	<15	20	25+
			10:10 MYO Mt Climbers: MYO Knee Tucks	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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:

<b>1.5 Sit-Up</b>
<b>ALT Leg Raise (ea)</b>
<b>ALT Single Arm/V-Up (ea)</b>
<b>Buzz Saw Plank</b>
<b>Candlesticks</b>