



DATE: 9/4
FORMAT: Whirlwind

STRENGTH Side

Focus: Gun Show

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 5			
-	-	-	21s	<10	12-15	20+
12	12	12	Concentration Curl on Box	<10	12-15	20+
			2 nd 5			
6	10	15	Triceps Push-Ups	-	-	-
4	4	5	1:5 Skull Crusher/ DB triceps press on box	<12	15-20	25+
			3 rd 5			
2	3	4	5:5 In-Outs/Shoulder taps (ea)	-	-	-
8	8	8	L-Raise (ea)	<8	10-15	20+

HIIT Side

Focus: HIIT/Arms

L1	L2	L3	Exercise:	L1	L2	L3
10	10	12	KB Curl/Press	<15	20-30	35+
8	10	12	MYO Muscle Up	-	-	-
6	8	10	Broad Jump Burpee	-	-	-
6	6	8	ALT KB ATW/Upright Row (ea)	<15	20-30	35+

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:

Knee Up Crunches
Leg Raises
Toe Press Ups
Plank Knee 2 Elbow
V-Ups