



DATE: 9/15  
FORMAT: Tornado

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 10 Soccer Taps on Slamball			
			1.5 Goblet Squat	<15	20-30	35+
			Slamball	20	20	20
			ALT Jump Lunge	-	-	-
			Slamball/OTS Toss	20	20	20

### HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			<b>Transition Exercise:</b> 5 Yo-Yos			
			ALT BR on BOSU (ea)	-	-	-
			Broad Jump/High Knees Back	-	-	-
			BR Jacks	-	-	-
			SB Bear Hug 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:				
*** 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

#### Ab Protocol:

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