



DATE: 9/18  
FORMAT: Whirlwind

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5			
8	8	8	Step Up w/ DB (ea)	<10	12-20	25+
8	8	8	Copenhagens on Box (ea)	-	-	-
			2nd 5			
8	8	8	Bulgarian Split Squat on Box	<10	12-20	25+
15	15	15	Jumping Jacks	-	-	-
			3 <sup>rd</sup> 5			
5	6	7	"1, 2, 3 Lunge" (ea)	-	-	-
10	12	15	Single Leg Hip Thrust on Box (ea)	-	Weighted	weighted

### HIIT Side

Focus: Legs /HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 5			
6	7	8	Lateral Shuffle Tap (ea) (holding WB)	12	16	20
10	10	10	Double KB Deadlift	<20	25-40	45+
			2nd 5			
15	20	25	BR ISO Slams (ea)	-	-	-
5	5	5	Slamball Surrender (ea)	20	20	20
			3 <sup>rd</sup> 5			
7	7	7	Rainbow Slams (ea)	20	20	20
7	7	7	KB Figure 8 (ea)	<20	25-40	45+

### 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: 1 <sup>st</sup> 5mins				
	TC			
AFAP	Distance Challenge- RPM’s stay below 65	0.3	0.4	0.5
Bike Ride: 2 <sup>nd</sup> 5mins				
	TC			
AFAP	Distance Challenge- RPM’s stay over 65	0.3	0.4	0.5
Bike Ride: 3 <sup>rd</sup> 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:

<b>ALT Leg Raise (ea)</b>
<b>Crossbody Crunch (R)</b>
<b>Crossbody Crunch (L)</b>
<b>Full Sit-Ups</b>
<b>Hollow Body Hold</b>