



DATE: 8/3 (Wednesday)
 FORMAT: Calorie Vortex

STRENGTH Side

Focus: Legs/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
7	10	10	Sprinter's Lunge (ea)	----	10-20	L2 + Plyo
10	10	10	Mt Climbers (ea)		1:1 Mt Climber/In-out	1:1 Mt Climber/In-out
4	6	6	Rack Squats *Heavy	<12	15-40	45+
4	6	6	ALT Side Lunge/Triple High Knee (ea)	----	8-15 (goblet)	20+ (goblet)
3	5	6	Gladiator	----	----	----

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	25	25	Wall Ball	8	12-16	20
7	7	7	KB Snatch (ea)	<15	20-30	35+
20	35	50	BR In-Out	----	----	----
8	8	8	MYO Skull Crushers	----	----	----
8	25	25	American Swings	<15	20-30	35+

Bike Protocol:

TC Bike Abbreviations
OOS – Out of Saddle
S – Seated
SP – Sprint
C – Climb
IC – Instructor's Choice
RPM Challenge SSP:
Level 1 >100
Level 2 > 110
Level 3 > 120
RPM Challenge OOS:
Level 1 >70
Level 2 > 75
Level 3 > 80
LMAO – Last Minute All Out

Time	Type	L1	L2	L3
	KEEP IT FAST!			

Formats:

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 st)	3C (Members distribute evenly on bike, HIIT & strength)	Circle (Bikes are placed in a circle around the room)
Doomsday	Earthquake	Flash Flood	Tropical Storm	Fireball
Crazy 8's	Apocalypse	Supernova	Tornado	Asteroid
Vortex	Typhoon			Cyclone (optional)
Hurricane	Monsoon			Twister (optional)
Blizzard	Heatwave			Supercell (optional)
Mudslide				