



DATE: Friday, September 2

FORMAT: Partner Vortex

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	20	10 (ea)	Alt. Snatch (total)	<20	25-35	35/Snatchue of Liberty
1	2	2	21's	<10	12-20	25+
10	20	20	Candlesticks	----	----	+Bicycle Ab 1:1
4	8	8	Gladiators	----	----	----

HIIT Side

Focus: Bi's/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Jumping Step-ups (ea)	LOW	MED	MED+light SB
10	20	20	MYO Bicep Curl	----	----	----
6	12	12	1:1 Russian American KB Swing	<20	25-35	40+
10	20	20	MYO Clutch Curl	----	----	----

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
	Fast Music Entire Class			

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				