



DATE: 9-22-2022

FORMAT: Calorie Vortex (Men 35/Women 25)

WARM UP: Bike

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	Sprinter's Lunge (ea)	<10	15-25	30+
4	8	12	Obliques (ea)	-	-	-
6	8	10	Goblins	<15	20-25	30+
6	10	12	Figure 4 Leg Raise (ea)	-	-	-
5	5	5	Sumo Deadlifts	<15	20-25	40+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Kneeling BR Hip Toss (ea)	-	-	-
6	8	8	Chin-ups	MYO	Assisted	Rig
10	12	15	American KB Swings	<20	25-40	45+
2	3	4	10:10 Plank Jacks/Crossbody Mtn. Climber (ea)	-	-	-
10	12	15	KB Pullovers on Box	<15	20-35	40+

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

RR (Recovery Ride) = low/med gear

L1 = 60 rpms

L2 = 70 rpms

L3 = 80 rpms

Time	Type	L1	L2	L3
Bike Ride: Keep it fast, lively, and FUN!				

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	Armageddon			
Whirlwind				