



DATE: 11/18/2022

FORMAT: Vortex- Distance **LEVEL 1- .4 LEVEL 2- .6 LEVEL 3- .8**

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms/Abs

| L1 | L2 | L3 | Exercise:                           | L1  | L2    | L3  |
|----|----|----|-------------------------------------|-----|-------|-----|
| 12 | 20 | 20 | Close Grip Press                    | <12 | 15-25 | 30+ |
| 12 | 20 | 20 | Wallball Holders                    | 8   | 12-16 | 20  |
| -  | -  | -  | 21's                                | <12 | 15-25 | 30+ |
| 10 | 10 | 10 | Wall Ball Roll Outs                 | -   | -     | -   |
| 8  | 8  | 8  | Hammer Curl / Press / OTH Extension | <8  | 10-20 | 25+ |

### HIIT Side

Focus: Total Body/HIIT

| L1    | L2    | L3    | Exercise:         | L1  | L2    | L3           |
|-------|-------|-------|-------------------|-----|-------|--------------|
| 15:15 | 20:20 | 25:25 | ALT BR / BR       | -   | -     | -            |
| 10:10 | 10:10 | 10:10 | BR Slam / BR Jack | -   | -     | -            |
| 6     | 6     | 6     | Rainbow Slams     | 15  | 20-30 | 40           |
| 6     | 8     | 10    | Skaters           | -   | -     | Power Skater |
| 6     | 6     | 6     | KB Samson Press   | <15 | 20-30 | 35+          |

### 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

(20-30 seconds of light work)

| Time      | Type                                                                           | L1 | L2 | L3 |
|-----------|--------------------------------------------------------------------------------|----|----|----|
| Bike Ride |                                                                                |    |    |    |
|           | Keep music fast, lively, and FUN! Fit Radio is a great option for this format! |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |
|           |                                                                                |    |    |    |

| Formats<br>(All members start on bike first) |                | Format & Rotation Options                             |
|----------------------------------------------|----------------|-------------------------------------------------------|
| Blizzard                                     | Tornado        | Revolution- Members Split on the circuits first       |
| Crazy 8's                                    | Tropical Storm | 3C- Members Distribute Evenly on Bike, Strength, HIIT |
| Doomsday                                     | Thunderstorm   | TIC- Timed Interval Circuit                           |
| Earthquake                                   | Typhoon        | ORA- One Round Assault                                |
| Flash Flood                                  | Vortex         | Funnel- Decreasing a Rep each Round                   |
| Heatwave                                     | Whirlwind      | Reverse Funnel- Adding a Rep each Round               |
| Hurricane                                    |                |                                                       |
| Monsoon                                      |                |                                                       |
| Supernova                                    |                |                                                       |