



DATE: 11/02/2022

FORMAT: Vortex (Partner)

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Launchers	-	-	-
12	16	20	Full Sit Ups	-	Weighted	Straight Leg, Weighted
10	12	12	Crouch Lunge	-	-	-
12	16	20	Wipers	<10	12-15	20+
10	10	12	SMS Squats	-	Weighted	Weighted

HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	Offset KB Squat	<20	25-35	40+
10	12	15	MYO Roll Outs	-	-	-
8	10	12	MYO Pistol Squat	Single leg stand up	MYO	Pistol Squat
8	10	12	SB Good Morning	Lt	Hvy	Hvy
8	10	12	Drop Tops	-	-	-

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, & Fun!			

Formats (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	Thunder Storm	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		