



DATE: 12/23/2022

FORMAT: Vortex **V-ORA-TEX**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Swing Squat Complex	<10	12-20	25+
20	30	40	Tricep Push-Ups	-	-	Hand Release
30	40	50	ALT L Raise (Total)	<8	10-15	20+
25	40	50	DB Wipers	<10	12-20	25+
20	35	50	Goblet Pulse Squat	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	Slamballs *Light and Fast!*	15	15-20	20+
25	40	25	Pull Ups	Myo High Row	Assisted	Rig
75	125	175	ALT BR	-	-	-
15	20	25	ALT Side Lunge/Triple High Knee	-	-	-
20	35	50	Blast Off Push-Ups	-	-	-

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! Fit Radio is a great option for this format! ***				

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	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	Wildfire	
Monsoon		
Supernova		