



DATE: 1-20-2023

FORMAT: Vortex **Partner**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	6	6	DB Clean/Racked Squat	<15	20-35	40+
6	6	6	OTH Surrenders	<10	12-25	30+
6	6	6	DB Crossbody Toe Touches	<10	12-20	25+
15	15	15	Little Man in the Woods	-	-	-
6	6	6	Rainbow Slams	15	15-20	20-30

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	6	6	KB Sprinters Lunge	<15	20-30	35+
1	2	2	5:5 SB Good Mornings/SB Front Loaded Squats	Light	Light	heavy
10	10	10	Floor Tap Jack	-	-	-
2	2	3	DAB Twisted Duck	-	-	-
10	20	20	KB Russian Swings	<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, & 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		