



DATE: 2-14-2023 Happy Valentine's Day!  
 FORMAT: Vortex \*\*\* Partner \*\*\*  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Push Ups	Knees	Toes	Sphinx Push Up
10	10	10	V Ups	-	Weighted	Weighted
20	20	20	Slam Balls	15	15-20	20+
12	12	12	ALT Snatch	<15	20-35	40+
6	6	6	Larsen Press	<8	10-12	15

### HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	MYO Muscle Ups	-	-	-
8	10	10	1:1 Burpee/Sb clean	Light	Light	heavy
8	8	8	1:1 American/Russian Swing	<15	20-35	40+
15	20	30	BR V Sit	-	-	-
10	10	10	SB Bear Hug Squat	Light	Light	heavy

### 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		