



DATE: 2-4-2023

FORMAT: Vortex *** Distance Funnel *** Start at 1.0 miles and decrease .2 each round.

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise: *Decrease Reps by 2 each round*	L1	L2	L3
10	10	10	Squat Press	<10	12-25	30
10	10	10	Burpees	<10	12-25	30
10	10	10	Center Hold Squat	<10	12-25	30
10	10	10	Butterfly Sit Ups	<10	12-25	30
10	10	10	SSDL	<10	12-25	30

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Single Arm KB Russian Swings	<15	20-35	40+
10	10	10	ALT Wallball Lunges	8	12-16	20
50	50	50	ALT BR *Decrease reps by 10 every round	-	-	-
10	10	10	Power Skaters	-	-	-
10	10	10	B2B Squats	-	-	-

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		