



DATE: 4-14-2023

FORMAT: Vortex \*\*\* Distance Funnel, start at 1 mile and decrease by 0.2 each round \*\*\*

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Reverse Close Grip Press	<15	20-35	40+
10	10	10	1:1 Hammer Curl/Hammer Shoulder Press	<10	12-20	25+
10	10	10	Tricep Push Ups	-	-	-
10	10	10	ALT Bicep Curl	<10	12-20	25+
10	10	10	Weighted Sit Ups	<10	12-20	25+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Box Jumps	16"	20"	24"
10	10	10	1:2 MYO Push Up/MYO Mtn Climber	-	-	-
50	50	50	BR Slams *Decrease by 10 each round*	-	-	-
10	10	10	Box Dips	-	-	-
10	10	10	KB Upright Row	<15	20-40	45+

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
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Earthquake	Typhoon	Funnel- Decreasing a Rep each Round
Flash Flood	Vortex	Reverse Funnel- Adding a Rep each Round
Heatwave	Whirlwind	AMRAP- As Many Rounds As Possible
Hurricane	Wildfire	
Monsoon		