



DATE: 4-24-2023

FORMAT: Vortex \*\*\* Partner \*\*\*

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Single Arm Rocky Press	<8	10-15	20+
2	2	3	5:5 Weighted Sit Ups/Bicycle Crunches	<8	10-15	20+
15	15	15	Kneeling Crush Press	<8	10-15	20+
10	12	15	Launchers	-	-	-
8	10	12	Renegade Row/Half Burpee	<8	10-15	20+

### HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
30	50	75	BOSU BR	-	-	-
10	12	15	BOSU Mtn. Climbers	-	-	-
8	8	10	KB High Pull	<15	20-30	35+
12	20	20	Wallballs	8	12-16	20+
12	12	12	Single Leg V-Up on BOSU	-	-	-

### 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		