



DATE: 5-16-23

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Dragon Flies	<10	12-15	20+
10	10	10	Skater High Chop (ea)	<10	12-15	20+
10	10	10	Swing Snatch	<15	20-35	40+
10	10	10	Renegade Row	<15	20-35	40+
10	10	10	Larsen Press	<15	20-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	American KB Swings	<20	25-40	45+
50	50	50	BR Slams *Decrease be 10 each round*	-	-	-
5	5	5	5:5 SB Front Loaded Squat/SB Good Morning *decrease by 1:1 each round*	Lt	Lt	hvy
10	10	10	KB Upright Row	<20	25-40	45+
10	10	10	Jumping Step Ups	-	-	-

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		