



DATE: 5-26-23

FORMAT: Vortex **\*\*\* Distance Reverse Funnel, start at 0.4 and increase by 0.2 each round \*\*\***

AFTER CLASS STRETCHES: Trainer's Choice

**STRENGTH Side**

Focus: Total Body

L1	L2	L3	Exercise: <b>***increase reps by 2 each round ***</b>	L1	L2	L3
4	4	4	Squat Press	<15	20-30	35+
4	4	4	Reverse Fly	<10	12-20	25+
4	4	4	B Stance RDL	<15	20-30	35+
4	4	4	Warrior Press on BOSU	<10	12-20	25+
4	4	4	Single Leg V-Up on BOSU	-	-	-

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>***increase reps by 2 each round ***</b>	L1	L2	L3
4	4	4	MYO Muscle Ups	-	-	-
4	4	4	Slam Balls	15	15	20
20	20	20	ALT BR <b>**Add 10 each round</b>	-	-	-
4	4	4	ALT Lateral Lunge/Triple High Knee	-	-	-
4	4	4	Spider Push 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:				
<b>*** Keep Music Fast, Lively, &amp; Fun! Fit Radio is a great option for this format! ***</b>				

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		