



DATE: 5-3-2023

FORMAT: Vortex *** Distance Funnel, start at 1 mile and decrease by 0.2 each round, decrease reps by 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	Skull Crushers on TC	<10	12-15	20+
10	10	10	Weighted Lateral Hops on TC	<10	12-15	20+
10	10	10	Arnold Press	<12	15-25	30+
10	10	10	Commander Push Ups on TC	-	-	-
10	10	10	High Knees	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Half Burpees	-	-	-
5	5	5	10:10 BR Slams/BR **Decrease # of rounds by 1 ea round**	-	-	-
10	10	10	SB Step Ups	Lt	Lt	hvy
10	10	10	American Swings	<20	25-40	45+
10	10	10	Hanging Knee Raise (Rig)	Reverse Crunch	Rig	TTB

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		