



DATE: 6-2-23

FORMAT: Vortex ***Distance LEVEL 1- .4 LEVEL 2- .6 LEVEL 3- .8***

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Single Arm Chest Press on TC	<15	20-30	35+
8	8	8	TC ALT Jump Lunge/Hopover	-	-	-
8	8	8	Single Arm Chest Scoops	<10	12-15	20+
10	10	10	Russian Twist on TC	-	Weighted	weighted

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
2	2	2	5:5 MYO I Raise/MYO Y Raise	-	-	-
8	8	8	ALT KB Gorilla Row	<15	20-30	35+
2	2	3	5:5 MYO Chest Press/Push Ups	-	-	-
10	12	14	SB Lateral Drags	Lt	hvy	hvy
20	20	20	Jump Rope	-	Alt	DBLU

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		