



DATE: 7-11-2023

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise: ***increase reps by 2 each round ***	L1	L2	L3
4	4	4	Racked Squats	<12	15-25	30+
4	4	4	1.5 Sit-Up	-	-	-
4	4	4	DB RDL	<12	15-25	30+
4	4	4	Jack Knives	-	-	-
4	4	4	Surrenders	<12	15-25	30+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: ***increase reps by 2 each round ***	L1	L2	L3
4	4	4	KB Clean/Back Lunge Press	<15	20-30	35+
4	4	4	BOSU SMS	-	-	-
20	20	20	ALT Jump Rope *Increase by 10 each round**	-	-	-
20	20	20	ALT BR on BOSU *Increase by 10 each round**	-	-	-
4	4	4	PLYO Jump Lunge	-	-	-

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	Tropical Storm	Revolution- Members Split on the circuits first
Blizzard	Thunderstorm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Typhoon	TIC- Timed Interval Circuit
Doomsday	Vortex	ORA- One Round Assault
Heatwave	Whirlwind	Funnel- Decreasing a Rep each Round
Hurricane	Wildfire	Reverse Funnel- Adding a Rep each Round
Monsoon		AMRAP- As Many Rounds As Possible
Sandstorm		
Tornado		