



DATE: 7-17-2023

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

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise: ***decrease reps by 2 each round *** ** 10 push-ups before each round **	L1	L2	L3
10:10	10:10	10:10	Incline Chest Fly on BOSU/Incline Crush Press on BOSU	<12	15-25	30+
10	10	10	ALT Single Leg V-Up on BOSU	-	-	-
10	10	10	ISO Chest Press on Bosu	<15	20-35	L2 + one leg off ground
10	10	10	Jack Knives	-	-	-
10	10	10	Decline Push Up on BOSU	-	-	-

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round *** ** 10 Squat Drops before each round **	L1	L2	L3
10	10	10	Burpee Box Jump	16"	20"	24"
10	10	10	Slam Balls	15	20	30
10	10	10	ALT Wall Ball Lunge	8	12-16	20
50	50	50	BR *Decrease by 10 each round*	-	-	-
10	10	10	1:1 Russian KB Swing/American KB Swing	<20	25-40	45+

### 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		