



DATE: 8-9-23

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

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Goblet Squat on TC	<15	20-40	45+
10	10	10	TC SuSu Jump	-	-	-
10	10	10	Heels Up Squat on TC	<15 (Goblet)	20-40 (Goblet)	45+ (Goblet)
10	10	10	ALT Back Lunge w TC OTH	-	-	-
10	10	10	Weighted Lateral Hops on TC	<8	10-15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Lateral SB Squat Walks (ea)	Lt	Lt	hvy
10	10	10	Heismans	-	-	-
10	10	10	Burpees	-	-	-
10	10	10	KB V-Press	<15	20-30	35+
10	10	10	Russian Twist w KB	<15	20-30	35+

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! ***				
2:00	Distance Challenge Benchmark- Standing (OOS)			
	** Standing Distance Challenge should be completed the first 2 mins of the first bike ride, using the PIQ screen. **			

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		