



DATE: 10-5-2023

FORMAT: Vortex *** Partner *** THROWBACK THURSDAY FUN: PUT THE BIKES IN A CIRCLE!

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side Challenge: Partner on Bike gets 1.5 miles on console before Circuit partner finishes the round.

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	1:1 Static Lunge/DB curl	<10	12-15	20+
8	8	8	Single Leg V-Up	-	-	-
9	9	9	Reverse Fly	<12	15-25	30+
10	10	10	Weighted Burpee	-	-	-
11	11	11	Squat Press	<12	15-25	30+

HIIT Side Challenge: Partner on Bike gets 1.5 miles on console before Circuit partner finishes the round.

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	1:1 Inch Worm/Shoulder Tap	-	-	-
8	8	8	Reverse Crunches	-	-	-
9	9	9	SB Back Squat	Lt	Lt	hvy
10	10	10	ALT KB Russian Swing	<15	20-35	40+
11	11	11	SB Burpee Snatch	Lt	Lt	hvy

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		