



DATE: 11-24-23

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

STRENGTH Side

Focus: Shoulders/Core

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Lateral Raises	<8	10-15	20+
10	10	10	V-Ups	-	-	-
10	10	10	Supinated Shoulder Press	<12	15-25	30+
10	10	10	Flutter Kicks	-	-	-
10	10	10	Supinated Front Raise	<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	SB Bicep Curl	LT	LT	HVY
10	10	10	Slamballs	15	20	30+
10	10	10	KB Chest Press	<15	20-35	L2 + BOTTOMS UP
10	10	10	Jumping Step Ups	-	+ holding slam ball	+ Holding slam ball
10	10	10	KB Lateral Lunge/Upright Row	<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

Time	Type	L1	L2	L3
Bike Ride:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				

Format & Rotation Options

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

Recovery Protocol:

Lying Arm Reach
Seated Glute Stretch
Cobra/Down Dog
Palm Press
Hand Behind Back