



DATE: 11-08-23

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/Core (Heavy)

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	ALT Back Lunge	<8	10-20	25+
10	10	10	DB RDL	<15	20-40	45+
10	10	10	Racked Squat	<15	20-40	45+
10	10	10	Bicycle Crunches	-	-	-
10	10	10	Wipers	<15	20-40	45+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	SB Bear Hug Squat	Lt	Lt	hvy
10	10	10	MYO Hamstring Curls	-	-	-
10	10	10	SB B2B Squats	Lt	Lt	hvy
5	5	5	DAB SB Drag **Decrease by 1 DAB**	Lt	Lt	hvy
10	10	10	SB Step Up	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

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:

Standing Hamstring with Toes Up  
 Palm Press  
 Standing Figure 4 and Bend  
 Lying Leg Raise  
 Seated Glute Stretch