



DATE: 12-13-2023

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

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Box Dips	-	-	-
10	10	10	OTH Extension	<15	20-33	35+
10	10	10	Jack Knives on Box	-	-	-
10	10	10	Straight Leg Sit Up (ft on box)	-	-	-
10	10	10	Spider Curls	<10	12-20	25+
10	10	10	Concentration Hammer Curls	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
50	50	50	ALT Jump Rope **Decrease by 10	-	-	-
10	10	10	SB Good Mornings	Lt	LT	hvy
10	10	10	MYO Clutch Curl	-	-	-
50	50	50	Little Man in the Woods **Decrease by 10	-	-	-
10	10	10	SB 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

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 Down Internal Twist and Reach
Standing Triceps Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach