



DATE: 12-4-23

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

STRENGTH Side

Focus: Quads/Glutes

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Offset Goblet Squat on BOSU	<15	20-30	35+
10	10	10	1.5 DB RDL	<15	20-30	35+
10	10	10	SMS Squat	-	Weighted	weighted
10	10	10	Weighted Hip Bridge on BOSU	<20	25-40	45+
10	10	10	Lateral Bosu Hops	-	-	-

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	KB Step Up	<15	20-30	35+
-	-	-	10:10 Gorilla row/Russian Swing (using 2 KBs)	<15	20-30	35+
10	10	10	SB Clean	Lt	Lt	hvy
-	-	-	10:10 Squat Jump/Jumping Lunge	-	-	-

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:

Seated Glute Stretch
 Pigeon Pose
 Palm Press
 Cat/Cow
 Hand on Head Twist