



DATE: 1-2-24

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

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Stone Squat	Lt	Lt	Hvy
10	10	10	ALT Back Lunge	<10	12-20	25+
10	10	10	Racked Squat *Increase weight every round*	<15	20-30	35+
10	10	10	Elbow Plank Hip Dips	-	-	-
10	10	10	RDL *Increase weight every round*	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	MYO Roll Ins	-	-	-
10	10	10	SB Clean/ALT SB Front Lunge	Lt	Lt	Hvy
10	10	10	KB V-Press	<20	25-30	35+
10	10	10	ALT KB Russian Swing	<20	25-30	35+
10	10	10	Box Jumps	16"	20"	24"

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