



DATE: 1-30-24

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
14	14	14	Goblet Pulse Squats	<20	25-30	35+
8	8	8	Weighted Sprinters Lunge	<10	12-15	20+
10	10	10	Racked Squat on TC	<10	12-15	20+
10	10	10	Heels Up Squat on TC	<20	25-30	35+
16	16	16	Hip Thrust on TC	BW	Weighted	Weighted

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
8	8	8	Plyo Step Up	-	-	Weighted
10	10	10	1:1 MYO Skull Crusher/MYO Front Lunge	-	-	-
16	16	16	Wallballs	8	12-16	20
10	10	10	Box Jumps	-	-	Weighted
10	10	10	ALT KB Gorilla Row	15	20	25+

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 Figure 4 and Bend
Side Lying Knee Bend
Sprinters Stretch
Side to Side Neck Flow/Up and Down Neck Flow
Side Reach