



DATE: 2-13-24

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

**STRENGTH Side**

Focus: Chest and Back

L1	L2	L3	Exercise: <b>***decrease reps by 2 each round ***</b>	L1	L2	L3
10	10	10	Wide Push Ups	Knees	Toes	Plyo
10	10	10	Supermans	BW	5lbs	10lbs
10	10	10	Chest Fly	<10	15-25	30+
10	10	10	Reverse Fly	<10	15-25	30+
10	10	10	Chest Press	<15	20-30	35+
10	10	10	Pronated Row	<15	20-30	35+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>***decrease reps by 2 each round ***</b>	L1	L2	L3
10	10	10	ALT High Plank Bird Dog	-	-	-
10	10	10	American KB Swings	<15	20-30	35+
10	10	10	Wallball Roll Outs	-	-	-
10	10	10	Atomic Slams	<15	20-30	40
10	10	10	Wallball Jump n Press	8	12-16	20

**Bike Protocol:**

<b>Bike Abbreviations</b>
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
<b>Bike Ride:</b>				
<b>*** Keep Music Fast, Lively, &amp; Fun! Fit Radio is a great option for this format! ***</b>				

<b>Format &amp; Rotation Options</b>
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

<b>Recovery Protocol:</b>
Sprinter/Hamstring Flow
Lying Down Internal Twist and Reach
Lying Arm Reach
Palm Press
Shoulder Extension