



DATE: 3-1-24

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
8:8	8:8	8:8	Skull Crushers/Triceps press	<10	12-15	20+
8:8	8:8	8:8	45 Degree Curl/Reverse Curl	<10	12-15	20+
8:8	8:8	8:8	Sit Ups/Crunches	-	Weighted	Weighted
8:8	8:8	8:8	Kickbacks/Straight Arm Pull Throughs	<10	12-15	20+
8:8	8:8	8:8	Bottom Half Curl/Top Half Curl	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	2:2 MYO High Row/MYO Y Raise	-	-	-
10	10	10	Rainbow Slams	15	20	25+
10	10	10	KB Seated Front Raise	<15	20	20+
10	10	10	Wallballs	8	12-16	20
10	10	10	ALT Plank Kick Through	-	-	+ 1 p.u.

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:
Side Reach
Standing Figure 4 and Bend
Bear Hug Stretch
Standing Hamstring w Toe Up
Standing Triceps Extend and Reach