



DATE: 3-26-24

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	DB Squat/Upright Row	<10	12-15	20+
10	10	10	ISO Hold Surrender	<10	12-15	20+
10	10	10	Swing Squat Complex	<10	12-15	20+
10	10	10	ALT Single Leg RDL (ea)	<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	Chin Ups	Supinated row	Asst	Rig
10	10	10	Jack Knives on Box	-	-	Weighted
10	10	10	SB Back Squat	Lt	Lt	Hvy
10	10	10	KB Double Double	<15	20	25+
10	10	10	Wallballs	8	12-16	20

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