



DATE: 5-8-24

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

**STRENGTH Side**

Focus: Push/Pull

L1	L2	L3	Exercise: <b>***decrease reps by 2 each round ***</b>	L1	L2	L3
10	10	10	Incline Crush Press on TC	<10	12-15	20+
10	10	10	DB Row on TC	<15	20-30	35+
10	10	10	Wide Push Ups	Knees	-	Elevated on TC
10	10	10	ALT Row/Reverse Fly	<10	12-15	20+
10	10	10	Push Press	<12	15-20	25+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise: <b>***decrease reps by 2 each round ***</b>	L1	L2	L3
5	5	5	DAB OTH Stone Carry (decrease reps by 1 each round)	Lt	Lt	Hvy
10	10	10	PLYO Bulgarian Split Squat on Box	BW	KB <15	KB 20+
10	10	10	MYO Straight Leg Sit Up (ft in MYO)	-	-	-
10	10	10	Pull Ups	MYO high row	Asst	rig
5	5	5	DAB Bear Crawl w 5 Push Ups at B.E. (decrease reps by 1 each round)	-	-	-

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

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:
Lying Down Internal Twist and Reach
Lying Spinal Twist
Hand Behind Back
Bear Hug Stretch
Arm Across Stretch