



DATE: 6-24-24

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	10:10	10:10	SLDL/Wallball Hamstring Curls	<15	20-25	25+
10:10	10:10	10:10	Wallball Sit Up & Toss/Wallball Rollouts	8	12-16	20
10:10	10:10	10:10	Bicycle Crunches/Candlesticks	-	-	-
5:5	5:5	5:5	Suitcase Swings/Wallball Hamstring Curls *decrease reps by 1	<15	20-25	25+
10:10	10:10	10:10	Alt Front Lunge to Chest Scoops	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10:10	10:10	10:10	BR/BR XTR	-	-	-
10	10	10	KB Double Double	<15	20	25+
10	10	10	SB Snatch	Lt	Lt	HVY
10	10	10	SB Push Up Lateral Drag	Lt	Lt	Hvy
10	10	10	KB High Pull	<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:
Palm Press
Cow/DownDog
Hand on Head Twist
Seated Glute Stretch
Crossbody IT Band Stretch