



DATE: 8-22-24

FORMAT: Vortex *** Calories: Men = 50 Women = 35

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Suitcase Swings	<10	12-25	30+
5	5	5	Turkish Sit Ups	<10	12-20	25+
10	12	15	Slam Balls	15	20	25+
6	8	10	Single Arm Squat/High Row	<10	12-20	25+
8	8	8	Weighted Yo-Yo	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	MYO Blast Off Squat	-	-	-
10	12	15	Wallballs	8-12	16-20	20
8	10	10	SB Burpee Snatch	Lt	Lt	Hvy
12	15	20	MYO Muscle Ups	-	-	-
25	50	75	Jump Rope	-	-	-

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
 Side to Side Neck Flow/Up and Down Neck Flow
 Standing Hamstring with Toe Up
 Sprinter's Stretch
 Bear Hug Stretch/Downdog