



DATE: 8-2-24

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

STRENGTH Side

Focus: Chest/Biceps

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	ISO Chest Press	<10	12-25	30+
10	10	10	Reverse Curls	<10	12-15	20+
10	10	10	Fruit Fly	<10	12-15	20+
10	10	10	Kneeling Curls	<10	12-15	20+
10	10	10	DB Chest Scoop	<10	12-15	20+

HIIT Side

Focus: HIIT/Abs

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
30	40	50	BR/ALT BR *decrease by 5	-	-	-
10	10	10	ALT V-Ups	-	-	-
10	10	10	Burpees	-	-	-
10	10	10	MYO Roll Outs	-	-	-
10	10	10	Squat Jumps	-	-	-
15	20	25	OLYMPIC FINISHER: MYO Muscle Ups (gymnastics)	Bronze	Silver	Gold

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:

Lying Down Figure 4
 Sprinter/Hamstring Flow
 Side Lying Knee Bend
 Seated Glute Stretch
 Cat/Cow