



DATE: 9-16-24

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

### STRENGTH Side

Focus: Lower Body & Abs

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	ALT Weighted Curtsy Lunge (ea)	BW	<10	12+
10:10	10:10	10:10	Racked Squats/Squat Jumps	10	12-25	30+
5	5	5	OTH Surrenders (ea) *decrease by 1 each round	BW	<10	12+
10	10	10	Weighted Jack Knives	BW	<10	12+
10	10	10	Wipers	15	20-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	BOSU Bus Drivers	-	-	-
10	10	10	ALT V-Ups on BOSU	-	-	-
10	10	10	Lateral BOSU Hops	-	Weighted	Weighted
10	10	10	BOSU Mtn. Climbers	-	-	-
10	10	10	SB Step Ups	Lt	Lt	Hvy

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 Internal Twist and Reach  
 Standing Triceps Extend and Reach  
 Standing Quad Stretch  
 Standing Hamstring with Toe Up  
 Heel Press