



DATE: 9-4-24

FORMAT: Vortex *** Distance Reverse Funnel, start at 0.4 mile and increase by 0.2 each round ***

STRENGTH Side

Focus: Arms and Abs

L1	L2	L3	Exercise: ***increase reps by 2 each round ***	L1	L2	L3
4	4	4	Yo-Yo/Hammer Curl	<10	12-15	20+
4	4	4	Cross Knee 2 Elbow	-	-	-
4	4	4	45 Degree Curl	<10	12-15	20+
4	4	4	Reverse Crunches	-	-	-
4	4	4	Alt Tricep Kickbacks	<10	12-15	20+

HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise: ***increase reps by 2 each round ***	L1	L2	L3
4	4	4	Jumping Wallball	8	12-16	20
4	4	4	1:1 Russian Swing/American Swing	<15	20-30	35+
4	4	4	MYO Bicep Curls	-	-	-
4	4	4	KB Snatch	<15	20-25	30+
4	4	4	Pike Push Ups	-	-	-

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 Arm Reach
 Seated Glute Stretch
 Cobra/DownDog
 Palm Press
 Hand Behind Back