



DATE: 10-30-24

FORMAT: **V-ORA-tex** (ORA/Calorie) Women- 20 calories, Men- 30 Calories

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Launchers	-	-	-
20	25	30	Slamball Cradle Squat	15	20-25	30+
15	20	25	Crouch Lunge	-	-	-
20	25	30	Wallball Hamstring Curls	-	-	-
20	25	30	Center Hold Squat	<25	30-50	55+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	SuSu on TC	BW	KB 20-25	KB 30+
50	75	100	ALT BR on TC	-	-	-
15	20	25	SB Good Mornings	-	Lt	Hvy
20	25	30	Drop Tops	-	-	-
20	25	30	TC Quad Burners	-	-	-

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:

Pigeon Pose
 Seated Glute Stretch
 Palm Press
 Cat/Cow
 Hand on Head Twist