



DATE: 10-8-24

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

STRENGTH Side

Focus: Shoulders/Abs

| L1 | L2 | L3 | Exercise: ***decrease reps by 2 each round *** | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| 10 | 10 | 10 | Reverse Fly Yo Yo | <10 | 12-15 | 20+ |
| 10 | 10 | 10 | V-Sit Lateral Raise Cocoon | <8 | 10-12 | 15+ |
| 10 | 10 | 10 | Single Arm Rocky Press | <10 | 12-15 | 20+ |
| 10 | 10 | 10 | Leg Raises | - | - | - |
| 10 | 10 | 10 | Shoulder Taps/Toe Touches | - | - | - |

HIIT Side

Focus: Shoulders/HIIT

| L1 | L2 | L3 | Exercise: ***decrease reps by 2 each round *** | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| 10 | 10 | 10 | KB Upright Row | <15 | 20-30 | 35+ |
| 50 | 50 | 50 | BR In & Outs decrease by 10 | - | - | - |
| 10 | 10 | 10 | Wallballs | 8 | 12-16 | 20 |
| 10 | 10 | 10 | ALT BR Jump Lunges | - | - | - |
| 10 | 10 | 10 | Wallball Russian Slams | 8 | 12-16 | 20 |

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! *** | | | | |
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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:

Standing Triceps Extend and Reach
 Crossbody IT Band Stretch
 Palm Press
 Lying Arm Reach
 Standing Triceps Extend and Reach