



DATE: 11/27

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

### STRENGTH Side

Focus: Arms

| L1 | L2 | L3 | Exercise: ***decrease reps by 2 each round *** | L1  | L2    | L3  |
|----|----|----|--|-----|-------|-----|
| 10 | 10 | 10 | HWH Curls                                      | <10 | 12-15 | 20+ |
| 10 | 10 | 10 | Kickbacks                                      | <8  | 10-15 | 20+ |
| 10 | 10 | 10 | Alt Biceps curl (ea)                           | <10 | 12-20 | 20+ |
| 10 | 10 | 10 | Single Arm OTH Extension (ea)                  | <8  | 12-15 | 20+ |
| 10 | 10 | 10 | Single Arm Triceps Press (ea)                  | <12 | 15-25 | 30+ |

### HIIT Side

Focus: Arms/HiIT

| L1 | L2 | L3 | Exercise: ***decrease reps by 2 each round *** | L1 | L2 | L3  |
|----|----|----|--|----|----|-----|
| 50 | 50 | 50 | Kneeling Hammer BR **decrease by 10            | -  | -  | -   |
| 10 | 10 | 10 | Skaters (ea)                                   | -  | -  | -   |
| 10 | 10 | 10 | Box Dips                                       | -  | -  | -   |
| 10 | 10 | 10 | OTS Stone Toss                                 | Lt | Lt | Hvy |
| 10 | 10 | 10 | Inchworm to T-rotation (total)                 | -  | -  | -   |

### 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:

Lying arm reach

Standing triceps extend and reach

Cobra/DownDog

Palm press

Hand behind back