



DATE: 11-15-24

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

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Triceps DB Press	<15	20-30	35
10	10	10	Decline Sit Ups (on Wallball)	-	-	-
10	10	10	Reverse curls	<8	10-15	20+
10	10	10	SSD Wallball Knee Tucks	8-12	16	20
10	10	10	Twisted Curl	<8	10-15	20+

HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
50:50	60:60	70:70	ALT BR/BR decrease by 10	-	-	-
10	10	10	Rainbow Slams (total)	15	10-25	30+
10	10	10	Skaters (ea)	-	Holding WB	Holding WB
10	10	10	KB Hammer Curl	<15	20	20+
10	10	10	MYO Skull Crushers	-	-	Ft @ rig

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
 Standing Triceps Extend and Reach
 Arm Across Stretch
 Seated Glute Stretch
 Sprinter's Stretch