



DATE: 12/20

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

STRENGTH Side

Focus: LEGS

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Back Lunge	<15	20-30	35+
10	10	10	DB RDL	<15	20-30	35+
5	5	5	ISO Front Hold Surrender (ea) **Decrease By 1	<8	10-15	20+
10	10	10	Racked Sumo Squat	<15	20-30	35+
5	5	5	ALT Lateral Lunge/Triple High Knee (ea) **Decrease By 1	-	-	-

HIIT Side

Focus: LEGS/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
5	5	5	Stone Squat (ea) **Decrease By 1	Lt	Hvy	Hvy
10	10	10	Single Leg KB SLDL (ea)	<15	20-30	35+
10	10	10	ALT SB Front Lunge (ea)	Lt	Hvy	Hvy
10	10	10	Power Skaters (ea)	-	-	-
5	5	5	KB Snatchue of Liberty (ea) **Decrease By 1	<15	20-30	35+

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:

Standing Quad Stretch
Sprinters Rotational Stretch
Butterfly Stretch
Seated glute stretch
Pigeon Pose