



DATE: 1/1

FORMAT: V-ORA-TEX \*\*\* Calories: Men = 40 Women = 25\*\*\*

### STRENGTH Side

Focus: Chest/Tri

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	Chest Press on TC	<15	20-30	35+
20	30	40	Decline Push-Up on TC	-	-	-
20	30	40	ALT Skull Crusher On TC (ea)	<12	15-20	25+
20	30	40	1.5 OTH DB Extension	<15	20-25	30+
15	20	25	Push-Up/In & Out	-	-	-

### HIIT Side

Focus: Chest/Tri/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
150	200	250	BOSU Hammer BR	-	-	-
20	30	40	MYO Chest Press	-	-	-
20	26	30	OTS Stone Toss (total)	Lt	Lt	Hvy
20	30	40	MYO Skull Crushers	-	-	-
50	75	100	ALT Kneeling BR Slams (ea)	-	-	-

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:

**Lying Arm Reach**  
**Standing Triceps Extend and Reach**  
**Butterfly Stretch**  
**Crossbody IT Band Stretch**  
**Pigeon Pose**