



DATE: 3/1

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

STRENGTH Side

Focus: Calorie BBQ

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
5	5	5	TC Complex **Decrease by 1	-	-	-
10	10	10	Skater High Chop	<10	12-20	25+
10	10	10	TC SuSu Jump	-	-	-
10	10	10	Squat Press on TC	<10	12-30	35+
5	5	5	High Plank Kickbacks **Decrease by 1	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
5	5	5	KB Lateral Lunge/Upright Row **Decrease by 1	<15	20-30	35+
10:10	10:10	10:10	In & Outs/Half Burpee	-	-	-
10	10	10	KB Snatch	<15	20-30	35+
10	10	10	Single Leg Jump Rope (ea)	-	-	-
10	10	10	Goblins	<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:
Crossbody IT Band Stretch
Arm Across Stretch
Seated glute stretch
Cat/Cow
Standing Figure 4 and Bend