



DATE: 4/11

FORMAT: Vortex \*\*\* Calories: Men = 40 Women = 30\*\*\*

### STRENGTH Side

Focus: Flex Friday

L1	L2	L3	Exercise:	L1	L2	L3
20:2	20:4	20:6	Fast Feet/Burpee	-	-	-
8	8	8	ALT Zottman Curl (ea)	<10	12-15	20+
8	8	8	Power Skaters (ea)	-	-	-
10	10	10	Front Loaded Hammer Curls	<10	12-15	20+
10	12	15	Katana Extension (ea)	<10	12-15	20+

### HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Jumping Jacks w/ Slamball OTH	20	20	20
8	10	12	MYO Dips	-	-	-
15	25	35	Single Leg Jump Rope (ea)	-	-	-
10	10	10	SB Bicep Curl	Lt	Lt	Hvy
8	10	12	Floor Tap Jack (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:

Pigeon pose  
 Standing triceps extend and reach  
 Arm Across Stretch  
 Seated glute stretch  
 Sprinters stretch