



DATE: 6/4

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:

Scissor Kicks
 Plank Tap Backs
 Oblique Jack Knives
 Sit-Up Punches
 Toe Touches