

DATE: 5/26

FORMAT: Vortex - Royal Flush

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise: **Do "The Hand" 2x	L1	L2	L3
15	20	25	Buy in: Push-Up	-	-	-
25	35	50	Buy in: Air Squat	-	-	-
			The Hand			
1	1	1	Mile on Bike			
11	11	11	Half Burpee	ı	ı	-
12	12	12	Crouch Lunge (ea)	-	<10	12+
13	13	13	Reverse Fly Yo-Yo	<10	12-15	20
14	14	14	1.5 Sit-Up	-	-	-
15	20	25	Cash Out: Push-Up	-	-	-
25	35	50	Cash Out: Air Squat	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise: **Do "The Hand" 2x	L1	L2	L3
15	20	25	Buy in: Pull-Ups	-	-	-
25	35	50	Buy in: Air Squat	-	-	-
			The Hand			
1	1	1	Mile on Bike			
11	11	11	BR Russian Twists (ea)	-	-	-
12	12	12	ALT SB Step Up (ea)	Lt	Lt	Hvy
13	13	13	Jumping Jacks w/ Slamball OTH	20	20	20
14	14	14	Candlesticks	-	-	-
15	20	25	Cash Out: Pull-Ups	-	-	-
15	20	25	Cash Out: Push-Up	-	-	-

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

(20-30 seconds of light work)

Time	Type	L1	L2	L3				
Bike Ride:								
***	*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***							