



DATE: 7/16

FORMAT: Vortex *** Calories: Men = 35 Women = 25***

STRENGTH Side

Focus: LOWER BODY CALORIE CRUSHER

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	1.5 Center Hold Squat	<15	20-30	35+
10	10	10	TC Hop Overs (ea)	-	-	-
7	7	7	Curtsey Lunge (ea)	<10	12-20	25+
12	12	12	TC Squat Drop	-	-	-
7	7	7	Split Squat on TC (ea)	<10	12-20	25+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	MYO Jump Squat/Lunge Combo	-	-	-
			Un-broken Jump Rope	-	DBLU	DBLU
10	12	15	Jumping Wallball	<12	16	20
10:10	12:12	15:15	MYO Hip Bridge/MYO Hamstring Curl	-	-	-
5	5	6	KB Snatchue of Liberty (ea)	<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:

ALT Leg Raise (ea)
Jack Knives
Full Sit-Ups
Candlesticks
Bicycle Crunch