



DATE: 7/5

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

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Half Burpee	-	-	-
7	8	9	HWH Curl	<10	12-15	20+
5	5	5	3 Point Crunch	-	-	-
8	10	12	Kneeling Curls	<10	12-15	20+
10	12	15	Straight Leg Sit-Ups	-	-	-

HIIT Side

Focus: Arms/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	50	75	BR	-	-	-
10	12	15	Box Dips	-	-	-
15	20	25	Kneeling BR Slams	-	-	-
4	5	6	Sphinx Push-Ups	-	-	-
10	12	15	Jumping Jacks w/ Slamball OTH	20	20	20

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:

Bicycle Crunch
Butterfly Sit-Up
Crossbody Bicycle/V-Up
Single Leg Jack Knives (ea)
Straight Leg Sit-Ups