



DATE: 8/2

FORMAT: Vortex \*\*\* Distance Funnel, start at 1 mile and decrease by 0.2 each round \*\*\*

### STRENGTH Side

Focus: Calorie BBQ

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
5	5	5	TC Complex **Decrease by 1	-	-	-
10	10	10	Skater High Chop	<10	12-20	25+
10	10	10	TC SuSu Jump	-	-	-
10	10	10	Squat Press on TC	<10	12-30	35+
5	5	5	High Plank Kickbacks **Decrease by 1	<10	12-15	20+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
5	5	5	KB Lateral Lunge/Upright Row **Decrease by 1	<15	20-30	35+
10:10	10:10	10:10	In & Outs/Half Burpee	-	-	-
10	10	10	KB Snatch	<15	20-30	35+
10	10	10	Single Leg Jump Rope (ea)	-	-	-
10	10	10	Goblins	<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 V-Up (ea)

Hollow Body Hold

Crunch

Russian Twist

Knee Up Crunches