



DATE: 9/3

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

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Launchers	-	-	-
10	10	10	DB Lunge High Knee (ea)	<10	12-20	25+
5	5	5	Racked Lateral Lunge (ea) **Decrease by 1**	<10	12-20	25+
10	10	10	1.5 Center Hold Squat	<15	20-30	35+
10	10	10	SSLDL (ea)	<15	20-30	35+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise: ***decrease reps by 2 each round ***	L1	L2	L3
10	10	10	Jumping Lunges w/ Wallball (ea)	<12	16	20
10	10	10	Wallball SUSU on TC	<12	16	20
50	50	50	BR	-	-	-
10	10	10	Quad Burners with KB	-	<15	20+
10	10	10	KB Goblet Squat	<15	20-35	40+

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

Abs Protocol:

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