



DATE: 10/17/2022
 FORMAT: Typhoon ORA
 WARM UP: Bike
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Bulgarian Lunge on TC (ea)	<8	10-20	25+
.5	.8	1.2	Distance on Bike (Console)	<8	10-20	25+
30	40	50	Goblet Squat on TC	<15	20-35	40+
20	25	30	TC Single Leg Hip Bridge (ea)	-	-	-
15	25	40	Energy Points on Bike	-	-	-

HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
50	50 (ea)	100	Jump Rope	-	ALT	DBLU
20	40	50	SB Bear Hug Squat	Light	Heavy	L2 + B2B
15	30	40	Box Jump	16"	20"	24"
20	40	50	MYO Hamstring Curl	-	-	-
30	40	50	Russian Swing	<15	20-40	45+

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
	TC			
1:00	CDC			
	RR			
	TC			
1:30	CDC			
	RR			
	TC			
2:00	CDC			
	RR			
	TC			
AFAP	Energy Challenge	5	12	20
	RR			
	TC			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 st)	3C (Members distribute evenly on bike, HIIT & strength)	Circle (Bikes are placed in a circle around the room)
Doomsday	Earthquake	Flash Flood	Tropical Storm	Fireball
Crazy 8's	Apocalypse	Supernova	Tornado	Asteroid
Vortex	Typhoon			Cyclone (optional)
Hurricane	Monsoon			Twister (optional)
Blizzard	Heatwave			Supercell (optional)
Mudslide	Armageddon			