



DATE: 11/21/2022
 FORMAT: Typhoon ORA
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
15	25	40	Goblet Squat/Reverse Lunge	<10	12-30	35+
.5	.8	1.2	Distance on Bike, Seated (Console)	-	-	-
15	25	40	ALT Step-Ups	<10	12-20	25+
30	40	50	SB Hip Thrust on Box	Light	Heavy	Heavy
15	25	40	Energy Points on Bike	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
40	100	200	Jump Rope	-	-	-
15	25	40	KB RDL	<15	20-40	45+
25	40	50	MYO Hamstring Curls	-	1:1 Hip Bridge	1:1 Hip Bridge
.5	.8	1.2	Distance on Bike, Standing (Console)	-	-	-
15	30	45	Tuck Slams	15	20-30	30+

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
Bike Ride:				
0:30	Distance Challenge, AFAP			
	RR			
1:00	Distance Challenge, double previous			
	RR			
1:00	Distance Challenge- meet or beat previous			
	TC			
0:30	Energy Challenge, AFAP			
	RR			
1:00	Energy Challenge, double previous			
	RR			
1:00	Energy Challenge- meet or beat previous			
	TC			
1:00	Sprints- 0:30 OOS/0:30 S	70/90 RPMs	75/100 RPMs	80+/100+ RPMs
	RR			
	TC			

Formats (All members start on bike first)		Format & Rotation Options
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunderstorm	TIC- Timed Interval Circuit
Earthquake	Typhoon	ORA- One Round Assault
Flash Flood	Vortex	Funnel- Decreasing a Rep each Round
Heatwave	Whirlwind	Reverse Funnel- Adding a Rep each Round
Hurricane		
Monsoon		
Supernova		