



DATE: 12/31/2022

FORMAT: Typhoon ****ORA****

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Leg Death

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Sprinters Lunge	-	<10-15	20+
.5	.8	1.0	Distance on Bike SEATED (use bike console)	-	-	-
20	40	50	Squat Jumps	-	-	-
40	50	60	Skaters (total)	-	-	-
.5	.8	1.0	Distance on Bike STANDING (use bike console)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Back Lunge Haybalers	<10	12-20	25+
.5	.8	1.0	Distance on Bike SAME GEAR HOLD (use bike console)	<14	15-17	18+
40	60	80	BR Slams	-	-	-
40	50	60	Bear Hug Walking Lunges (total)	Light	Light	heavy
15	20	25	Single Leg In & Out	-	-	-

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:				
	BEST of 2022! Motivate members to end 2022 on a high note! Aim to have members get their highest numbers of the year!			
	TC			
	High MPH Hold 0:20/0:20 RR, repeat 3x			
	TC			
AFAP	Distance Challenge	.4	.5	.6
	TC			
	High Watts Hold 0:20/0:20 RR, repeat 3x			
	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	Wildfire	
Monsoon		
Supernova		