



DATE: 1-18-2023

FORMAT: Typhoon **ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Man Makers	<10	12-20	25+
20	30	40	Dragon Flies	<10	12-20	25+
10	15	20	Push Up 2 Snatch (ea)	<10	12-20	25+
10	15	20	DB Swing Lunge Complex	<10	12-20	25+
.6	.8	1.0	Distance on Bike (console)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	5:5 Box Jumps/Jumping Jacks	16"	20"	24"
.6	.8	1.0	Distance on Bike (console)	-	-	-
10	15	20	Slam Ball Lunge (ea)	15	15-20	20-30
10	14	16	ALT KB Clean Press Squat (total)	<15	20-30	35+
4	5	6	5:5 Blast Off Push Ups/Half Burpees	-	-	-

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:				
	TC			
	PELO- Odds vs Evens 0.5			
	TC			
	CEC 0:30 OOS/0:20 S			
	RR			
	CEC 0:30 OOS/0:20 S (beat previous)			
	TC			
	LMAO			

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		