



DATE: 3-13-2023

FORMAT: Typhoon **ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Renegade Row	<10	12-25	12-25
20	25	30	Weighted Yo-Yo	<10	12-25	12-25
.6	.8	1.2	Distance on Bike (use Bike Console)	-	-	-
20	30	40	Push Ups	-	-	-
20	30	40	Double Snatch	<10	12-25	12-25

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Slammer Jammers	15	15-20	20-30
25	35	40	SB Clean	Light	Light	Heavy
75	125	175	BOSU BR	-	-	-
20	25	30	BOSU Lateral Hops w Slamball	15	15-20	20-30
.6	.8	1.2	Distance on Bike (use Bike Console)	-	-	-

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			
	High MPH Hold 0:20/0:20 RR, complete 3x			
	TC			
AFAP	Distance Challenge	.4	.5	.6
	TC			
	High Watts Hold 0:20/0:20 RR, complete 3x			
	TC			

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