



DATE: 5-30-23

FORMAT: **Typhoon ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
25	35	45	TC Clean & Press	-	-	-
.4	.6	.8	Distance on Bike (use bike console)	-	-	-
10	12	15	1:5 TC SuSu Jump/Jumping Jacks	-	-	-
10	15	20	2:2 Bent Over Row/DB RDL	<10	12-20	25+
20	30	40	Goblet Squat on TC	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	40	B2B Squats	-	-	Jumping
5	8	10	2:4 SMS/In & Outs	-	-	-
20	30	40	ALT Jumping Step Ups	-	-	-
.4	.6	.8	Distance on Bike (use bike console)	-	-	-
8	12	15	DAB Bear Crawls	-	-	-

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:				
1:00	*Energy Point Benchmark*			
	RR			
	TC			
1:00	CDC (complete 3x total, beat previous each time)			
	High Watts Hold- 0:20 work/0:20 RR (complete 3x total)	130	150	175+
	TC			
	High MPH Hold- 0:20 work/0:20 RR (complete 3x total)	12	15	18+
	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	AMRAP- As many rounds as possible
Hurricane	Wildfire	
Monsoon		