



DATE: 7-12-2023

FORMAT: Hurricane **ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---------------------------|-----|-------|-----|
| 25 | 35 | 45 | DB Row/In and Out | <12 | 15-25 | 30+ |
| 20 | 30 | 40 | ALT Chest Press on TC | <15 | 20-35 | 40+ |
| 30 | 45 | 60 | Back Ext. on TC | - | - | - |
| 20 | 30 | 40 | Decline Chest Press on TC | <15 | 20-40 | 45+ |
| 20 | 30 | 40 | TC Push Up Rock n Row | - | - | - |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---------------------|-----|-------|----------|
| 20 | 30 | 40 | Kneeling Slam Balls | 15 | 15 | 20 |
| 20 | 30 | 40 | Box Jumps | 16" | 20" | 24" |
| 20 | 35 | 50 | American KB Swing | <20 | 25-40 | 45+ |
| 25 | 35 | 45 | Wallballs | 8 | 12-16 | 20 |
| 30 | 40 | 25 | Myo Parellel Rows | - | - | Pull Ups |

*** 5 mins of Trainer's Choice Abs at the end of class. 5 minute timer clock should be used, switching exercises every 0:30 ***

Bike Protocol:

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| 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 | | | |
| 0:30 | CDC, then RR | | | |
| 1:00 | CDC (double previous), then RR | | | |
| 1:00 | CDC (beat previous) | | | |
| | TC | | | |
| 0:30 | CEC, then RR | | | |
| 1:00 | CEC (double previous), then RR | | | |
| 1:00 | CEC (beat previous) | | | |
| | TC | | | |

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