



DATE: 7-20-2023

FORMAT: Hurricane **ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Gorilla Clean	<15	20-30	35+
30	40	50	Butterfly Sit-Ups	-	-	-
20	25	30	Deadlift/Shrug	<20	25-40	45+
30	40	50	Wipers	<15	20-30	35+
15	20	25	Renegade Row	<15	20-30	35+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
50	100	150	ALT BR	-	-	-
20	25	30	KB High Pull	<15	20-30	35+
3	4	5	5:5 Pike Push Up/Shoulder Taps	-	Ft on box	Ft on box
20	25	30	KB Sumo Carriers	<15	20-40	45+
20	25	30	ALT Single Leg Stand Up	20"	16"	MYO Pistol

*** 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:

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: First to 0.5				
	RR			
	TC			
TEAM- Odds vs Evens: First to 25 points				
	RR			
	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		