



DATE: 8-29-23

FORMAT: Typhoon **ORA**

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
25	40	30	Chest Press on BOSU	<20	25-50	L2 + ALT
25	40	40	Deadlift	<20	25-45	50+
25	40	30	Incline Chest Fly on BOSU	<20	25-50	L2 + ALT
25	40	40	Reverse Fly	<12	15-25	30+
25	40	30	Incline Chest Press on BOSU	<20	25-50	L2 + ALT
25	35	45	BOSU Back Extension	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: *ORA, but each group is rounds before moving on*	L1	L2	L3
2	3	3	10:10 MYO Bicep Curls/Mtn. Climbers	-	-	-
2	3	3	10:10 KB SCP/KB Russian Swings	<15	20-35	40+
2	3	3	10:10 MYO Chest Press/ALT Jumping Lunge	-	-	-
.4	.5	.6	Distance on Bike *use bike console	-	-	-
2	3	3	10:10 KB Upright Row/High Knees	<15	20-35	40+

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			
1:00	CDC (complete 3x total, beat previous each time)			
	RR			
	TC			
	High Watts Hold- 0:20 work/0:20 RR (complete 3x total)	130	150	175+
	RR			
	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	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		