



DATE: 3-23-24

FORMAT: Typhoon **ORA**

**STRENGTH Side**

Focus: Total Body Combo

L1	L2	L3	Exercise:	L1	L2	L3
15	25	25	Swing Snatch	<10	12-20	25+
15	25	25	Sprinter's Lunge (ea)	BW	12-20	25+
20	30	40	Push Ups	Knees	Toes	Toes
20	30	30	Squat Press	<10	12-20	25+
20	30	30	Lateral Raise	<8	10-12	15+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
100	200	300	Jump Rope	-	-	-
20	30	30	KB Samson Press	15	20	25+
30	40	50	Lateral Shuffle Taps Holding Slamball	15	20	20+
.6	.8	1.0	Distance on Bike	Gear 16	18	20+
30	40	50	Box Dips w SB	Lt	Lt	Hvy

Bike Protocol:

<b>Bike Abbreviations</b>
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

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			

**Format & Rotation Options**

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

**Recovery Protocol:**

Standing Triceps Extend and Reach
Sprinter/Hamstring Flow
Palm Press
Lying Arm Reach
Seated Glute Stretch