



DATE: 4-11-24

FORMAT: Typhoon **ORA**

STRENGTH Side

Focus: Total Body Endurance

L1	L2	L3	Exercise:	L1	L2	L3
25	30	35	Squat Press	<10	12-20	25+
25	30	35	Deadlift	<15	20-30	35+
25	30	35	Single Arm Squat/High Row	<8	10-12	15+
25	30	35	Weighted Sit Ups	<8	10-12	15+
25	30	35	DB Cleans	<8	10-12	15+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Pull Ups	Myo High row	Asst	Rig
.6	.8	1.0	Distance on Bike Console	Gear 16	Gear 18	Gear 20
20	25	30	Kneeling Slam Balls	15	20	20+
20	25	30	Mtn. Climbers	-	-	-
20	25	30	KB SCP	<15	20	20+

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

Time	Type	L1	L2	L3
Bike Ride:				
0:30	CDC, AFAP, then RR			
1:00	CDC, double previous, then RR			
1:00	CDC- meet or beat previous, then RR			
	TC			
0:30	CEC, AFAP, then RR			
1:00	CEC, double previous, then RR			
1:00	CEC- meet or beat previous, then RR			
	TC			
1:00	Sprints- 0:30 OOS/0:30 S	70/90 RPMs	75/100 RPMs	80+/100+ RPMs
	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 Figure 4 and Bend
Standing Hamstring with Toe Up
Heel Press
Standing Quad Stretch
Lying Leg Raise