



DATE: 6-14-24

FORMAT: Hurricane **ORA**

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	Incline Crush Press on TC	<12	15-20	25+
20	25	30	DB Row on TC	<12	15-20	25+
20	25	30	Decline Push Ups on TC	-	-	-
20	25	30	Supinated Row	<12	15-20	25+
20	25	30	Chest Fly on TC	<12	15-20	25+

### HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	American KB Swings	<15	20	20+
20	25	35	Butterfly Sit Ups	-	-	-
3	4	5	10:10 Squat Jumps/Fast Jacks	-	-	-
20	30	40	Calories on Bike	-	-	-
20	25	30	SB Good Mornings	Lt	Lt	Hvy

\*\*\* 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:

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

Lying Arm Reach
Palm Press/DownDog
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Sprinter Stretch