



DATE: 8-23-24

FORMAT: Hurricane **ORA**

STRENGTH Side

Focus: Back/Abs

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|----------------------------|-----|-------|-----|
| 30 | 40 | 50 | Reverse Fly | <8 | 10-15 | 20+ |
| 30 | 40 | 50 | Wipers (total) | <15 | 20-30 | 35+ |
| 30 | 40 | 50 | Straight Arm Pull Throughs | <10 | 12-20 | 25+ |
| 20 | 25 | 35 | 1:1 Deadlift/Shrug | <15 | 20-30 | 35+ |
| 30 | 40 | 50 | Straight Arm Sit Ups | BW | <8 | 10+ |

HIIT Side

Focus: Back/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---------------------------|-----|-------|-----|
| 4 | 5 | 6 | 15:15 ALT BR/Hammer BR | - | - | - |
| 30 | 40 | 50 | Kneeling Slamballs | 15 | 20 | 25+ |
| 30 | 40 | 50 | KB Squat/Upright Row | <15 | 20-25 | 30+ |
| 4 | 5 | 6 | 10:5 Jumping Jacks/Yo-Yos | - | - | - |
| 30 | 40 | 50 | Single Arm KB Row (ea) | <15 | 20-25 | 30+ |

*** 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

| Time | Type | L1 | L2 | L3 |
|------------|--------------------------------|----|----|----|
| Bike Ride: | | | | |
| | TC | | | |
| 0:30 | CDC, then RR | | | |
| 1:00 | CDC (double previous), then RR | | | |
| 1:00 | CDC (beat previous) | | | |
| | TC | | | |
| 0:30 | CEC, then RR | | | |
| 1:00 | CEC (double previous), then RR | | | |
| 1:00 | CEC (beat previous) | | | |
| | 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 Down Figure 4

Sprinter/Hamstring Flow

Side Lying Knee Bend

Seated Glute Stretch

Cat/Cow