



DATE: 8-9-24

FORMAT: Typhoon **\*\*ORA\*\***

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
20	30	50	Hip Thrust on Box (use SB or DB)	Lt	Lt	Hvy
20	30	50	Weighted Step Ups	BW	<10	12+
15	25	35	Squat Press/Alt OTH Back Lunge	<8	10-15	20+
20	30	50	Center Hold Squat	<15	20-30	35+
40	50	75	Slamballs	15	20	25+

### HIIT Side

Focus: HIIT

L1	L2	L3	Exercise:	L1	L2	L3
100	200	300	ALT Hammer BR on BOSU	-	-	-
15	25	35	BOSU Bus Driver	-	-	-
4	6	8	DAB KB Farmer's Walk	<15	20-30	35+
20	30	40	BOSU Flat Jacks	-	-	-
30	40	60	Lateral BOSU Hops (ea)	-	-	-
40	50	75	<b>OLYMPIC FINISHER:</b> V-Ups (gymnastics)	Bronze	Silver	Gold

Bike

#### 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

Protocol:

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
	High MPH Hold 0:20/0:20 RR, complete 3x			
	TC			
AFAP	Distance Challenge	.4	.5	.6
	TC			
	High Watts Hold 0:20/0:20 RR, complete 3x			
	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:

Seated Glute Stretch

Lying Down Figure 4

Lying Down Hamstring Pull

Crossbody IT Band Stretch

Butterfly Stretch