



DATE: 10-14-24

FORMAT: Typhoon **ORA**

### STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Bulgarian Split Squat on TC (R)	BW	<15	20+
15	20	25	Bulgarian Split Squat on TC (L)	BW	<15	20+
20	30	40	Goblet Squat on TC	<10	12-20	25+
20	30	40	DB RDL	<15	20-30	30+
40	50	60	Single Leg Hip Bridge on TC (ea)	-	-	-

### HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
100	150	200	Jump Rope	-	-	-
20	30	40	SB Bear Hug Squats	Lt	Lt	Hvy
.6	.8	1.0	Bike- Distance (use bike console)	Gear 18	Gear 20	Gear 22
25	35	40	MYO Hamstring Curl	-	-	-
25	35	50	KB Russian Swing	<20	25-35	40+

### 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 Hamstring with Toe Up
Palm Press
Standing Figure 4 and Bend
Lying Leg Raise
Seated Glute Stretch