



DATE: 1/9

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

### STRENGTH Side

Focus: Lower Body/Ab

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	Bulgarian Split Squat on Box (ea)	<12	15-20	25+
25	30	40	Single Leg Hip Bridge on Box (ea)	-	-	-
15	20	25	Turkish Sit Up (ea)	<10	12-20	25+
20	30	40	DB RDL	<15	20-35	40+
12	15	20	Slamball Zercher Step Up (ea)	20	Stone	Stone

### HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	Lateral BOSU Hops (ea)	-	-	-
15	20	25	ALT SB Surrender (ea)	Lt	Lt	Hvy
.6	.8	1.0	Distance on Bike	-	-	-
25	30	35	KB Bottoms Up Goblet Squat	<20	25-35	40+
25	30	35	American KB 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:				
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:

<b>Sprinters Rotational Stretch</b>
<b>side lying knee bend</b>
<b>Lying Down Hamstring Pull</b>
<b>Butterfly Stretch</b>
<b>Cobra</b>