



NAME	SCORE	NAME	SCORE	NAME	SCORE
68	73	95	90		
79	80	94	90		
92	84	89	74		
91					



What Happens in Class



01

Rowing

Every stroke on the rower activates 85% of your body's muscles. This low impact workout helps you improve endurance, strength and power.

02

Cardio

Whether you walk, jog or run, you'll go at your own pace based on your fitness level. We also have treadmills and strikers available as alternatives to the treadmill.



03

Strength Training

Our weight and floor exercises change daily so you can focus on different muscles. Your coach can provide options for any movement if you have injuries or limitations.



The "Orange" In OrangeTheory



5 HEART RATE ZONES
DEFINED

Zone 1 - Very Light Activity, 50-60% Max HR

This is your "very light activity" zone which requires minimal effort and very low intensity.

Zone 2 - Warm Up, 61-70% of Max HR

This is your "Warm Up" zone at which your body is preparing for exercise. Breathing increases but intensity stays moderate. The body will progress through this zone as the mind and body prepare for physical activity.

Zone 3 - Challenging-Doable, 71-83% of Max HR

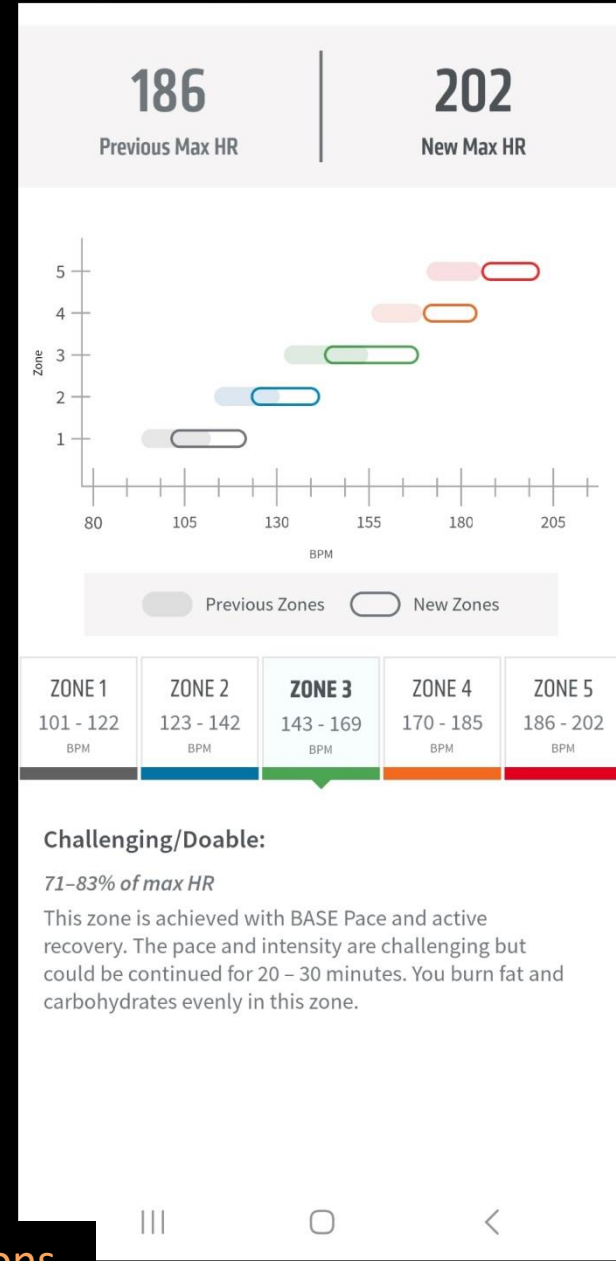
This is your "Challenging but Doable" zone which is reached during Base Pace and Active Recovery. This is a moderately challenging pace that can be maintained for 20-30 minutes. While in Zone 3, the body is receiving oxygen and replenishing ATP stores.

Zone 4 - ORANGE EFFECT, Uncomfortable, 84-91% of Max HR

This is the most important zone in an Orangetheory workout. In order to achieve this zone, the body must feel "uncomfortable" as in a Push pace. The goal is to spend 12 or more minutes in this zone to achieve maximal calorie burn and the optimal EPOC effect. This zone is responsible for producing our "after-burn" effect leading to an increase in metabolism and fat loss

Zone 5 - All Out Effort! 92-100% of Max HR

This is the highest of the 5 possible HR zones and could be achieved during a maximal effort of the body as in an All Out Pace. You do not need to reach this zone to see maximum results and should only be in this zone for less than a minute at a time. Coaches should not drive members into Zone 5.



Tracked, updated, every 20 sessions.

Feedback

- Daily
- Monthly
- Total
- Challenges

2:47 M A M M C •

74%

SATURDAY, OCTOBER 7, 10:43 AM

COPLEY

Joe ORANGE 60 MIN 2G

829 4



VIEW PERFORMANCE DETAILS



137

Avg HR



175

Peak HR



2.89

Miles



5140

Steps

TREADMILL

24:55

TOTAL TIME



2.89 mi

DISTANCE

Avg Incline
1.1%
Max: 2.0%

Elevation
167.14 ft

Avg Speed
6.9 mph



pace
8:40 mi

Every Session follows the same format...every day unique a science backed exercise “template” ...always

Ca 20 min/station

Start where you want.



Warm Up

Body Weight Squats

Push Ups

Full Sit Ups

Jumping Jacks

Repeat as many times as you can for 5 minutes

Strength

Squats (dumbbells)

Bicep Curls (dumbbells)

1 Push Up with Alternating Reaches (Bird Dog)

Full Sit Ups

Repeat as many times as you can for 15 minutes.

<https://livingthewrightway.wordpress.com/>

Treadmill

Jog 2 Minutes at a comfortable pace

Run 2 Minutes at a harder pace (about 1-2mph faster than easy pace)

Jog 1 Minute to recover

Run 2.5 Minutes at a harder pace

Jog 1 Minute to recover

Run 3 Minutes at a harder pace

Jog 30 Seconds to recover

Sprint 1 Minute (this should be a difficult pace)

Recover 2 Minutes at a Jog or Fast Walk

Row

Row 400 Meters

Sumo Squat (hold weight between your legs, wide stance)

Deadlift (weighted)

Row 600 Meters

Sumo Squat

Deadlift

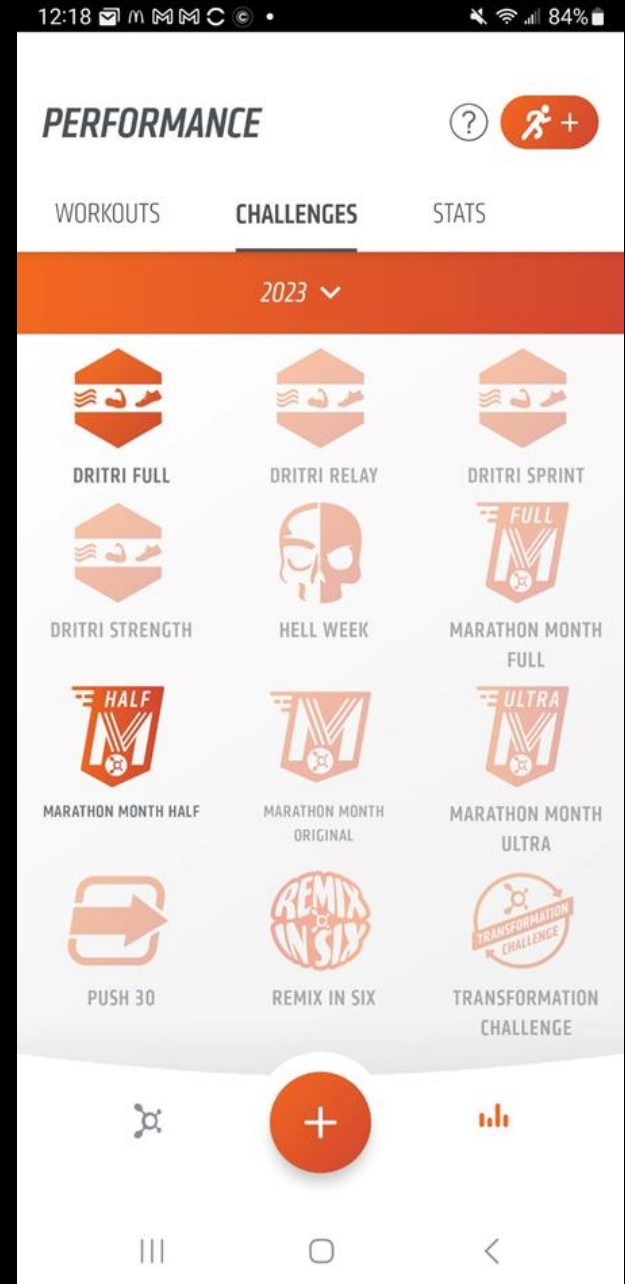
Row 800 Meters

Sumo Squat

Deadlift

Row 1000 Meters

Repeat as many times as you can for 15 minutes



Lot's of activities.
 Challenges if you want.
 Community involvement...if you'd like.

M 9 T 10 W 11 T 12 F 13 S 14 S 15

ALL 5 AM 6 AM 7 AM 8 AM

4:15 PM



COPLEY

Joe ORANGE 60 MIN 2G



4:30 PM



AKRON, OH

Jason ORANGE 60 MIN 2G



FORT WAYNE SW, IN

Dalen ORANGE 60 MIN 2G



CANTON, OH

Luke ORANGE 60 MIN 2G



5:15 PM



ORANGETHEORY LIVE - HQ

Dottie VIRTUAL LIVE 50



5:30 PM



COPLEY

Joe ORANGE

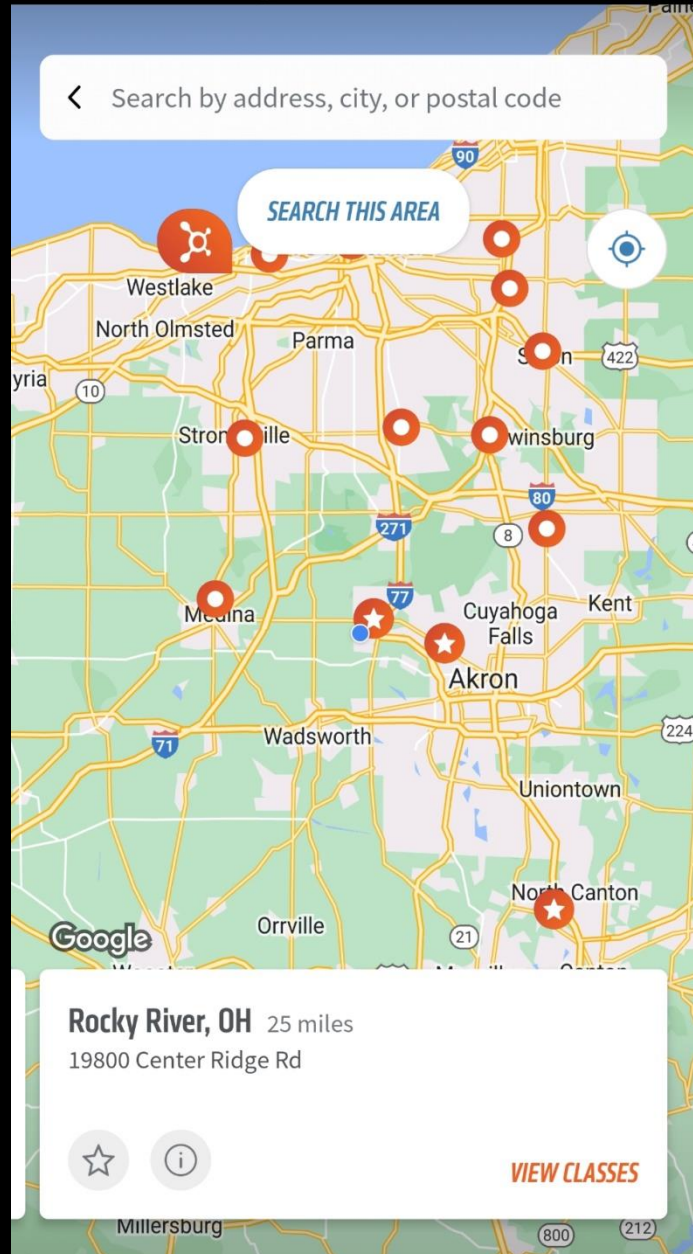


5:45 PM



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SEARCH THIS AREA



Rocky River, OH 25 miles
19800 Center Ridge Rd



VIEW CLASSES

MY STUDIOS



VIEW CLASSES

We're invited:

Free Session
Saturday Afternoon
(time TBD)
November 11

(day after Chili Cook-Off)



Orangetheory Memberships & Prices

[View Class Pack Options](#)

Our month-to-month memberships are flexible to fit your lifestyle and fitness goals. Select from a variety of fitness membership options below.

COACH RECOMMENDED ⓘ

Premier

\$169 /mo.

- ✔ Unlimited Classes (recommended for usage of 3x/week or more)
- ✔ Money Back Guarantee†

[Purchase](#)

Elite

\$109 /mo.

Price per class \$0

- ✔ 8 Classes Monthly (avg. usage of 2x/week)
- ✔ Discounted Add-On Classes

[Purchase](#)

Basic

\$69 /mo.

Price per class \$0

- ✔ 4 Classes Monthly (avg. usage of 1x/week)
- ✔ Discounted Add-On Classes

[Purchase](#)

Included w/o cost with UHC's "Active Renew" Program (available through Medicare)