



DATE: Friday, August 12, 2022

FORMAT: Typhoon TIC 50:10 – 3 Rounds – Last 2 minutes – Back on Bike

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1:1 Slam Ball/ Alt. Back Lunge	15-20	30	40
			Racked Squat/Knee	<10	12-25	30+
			Crouch Lunge (R)	----	----	----
			Crouch Lunge (L)	----	----	----
			Alt. Goblet Surrender	<20	25-40	45+

HIIT Side

Focus: Cardio/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Alt. Hammer BR	----	On Bosu	On Bosu/Flat
			Bosu Bus Driver	----	----	----
			BR Hip Toss (R)	----	----	----
			BR Hip Toss (L)	----	----	----
			Bosu Flat Jack	----	----	----

TC Bike Abbreviations

OOS – Out of Saddle

S – Seated

SP – Sprint

C – Climb

IC – Instructor's Choice

RPM Challenge SSP:

Level 1 >100

Level 2 > 110

Level 3 > 120

RPM Challenge OOS:

Level 1 >70

Level 2 > 75

Level 3 > 80

LMAO – Last Minute All Out

Time	Type	L1	L2	L3
17:00	Tier Move Song			
	1:00 Team Distance			
	:30 OOS/:15 S – 2x's			
	Sprint Song	90 RPM	100+	110+
	Power Climb -:20 – 2x	Gear 14+	Gear 16+	Gear 18+
	4 Count Jumps			

Traditional (All members start on bike first)		Revolution (Members split on circuit 1 st)	3C (Members distribute evenly on bike, HIIT & strength)	Circle (Bikes are placed in a circle around the room)
Doomsday	Earthquake	Flash Flood	Tropical Storm	Fireball
Crazy 8's	Apocalypse	Supernova	Tornado	Asteroid
Vortex	Typhoon			Cyclone (optional)
Hurricane	Monsoon			Twister (optional)
Blizzard	Heatwave			Supercell (optional)
Mudslide				