



DATE: Saturday, September 3, 2022

FORMAT: Typhoon TIC - :50/:10 – 3 Rounds – Bike 2 min

STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			Chest Scoops	<10	12-15	20+/Alt Front Lunge 2 Chest Scoop
			Straight Arm Sit-ups	<10	12-15	20+/-press
			Dragon Fly	<10	12-25	30+
			1:1 Leg Raise/Toe Touch		+1 DB	+1 DB
			Spiderman Push-up	----	----	----

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			Lateral Shuffle Taps	----	+Yo-Yo BE	+Yo-Yo BE
			SB Squat High Row	Light	Heavy	Heavy
			Bear Crawl	Light	Heavy/SB DAB Drag	Heavy/SB DAB Drag
			SB Wipers	Light	Heavy	Heavy
			Alt. BR	----	----	10 (ea)+ Burpee

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	IC			
	Class Distance :45			
	IC			
	Class Distance :45			
	IC			

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				