



DATE: 11/04/2022
 FORMAT: Typhoon TIC (0:50/0:10)
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms

| L1 | L2 | L3 | Exercise: ** Last 2 Mins on Bike AFAP ** | L1 | L2 | L3 |
|----|----|----|---|-----|--------|-----------|
| | | | HWH Curls | <10 | 12-15 | 20+ |
| | | | ALT Crossbody Hammer Curl | <10 | 12-15 | 20+ |
| | | | In & Outs | - | Burpee | Gladiator |
| | | | 1:5 Skull Crusher/ Close Grip Press (Same Weight) | <10 | 12-15 | 20+ |
| | | | OTH Extension | <10 | 12-15 | 20+ |

HIIT Side

Focus: Arms/HIIT

| L1 | L2 | L3 | Exercise: ** Last 2 Mins on Bike AFAP ** | L1 | L2 | L3 |
|----|----|----|---|-----|-------|-----|
| | | | MYO Skull Crushers | - | - | - |
| | | | Slam Balls **Slamball Challenge- COUNT REPS** | 15 | 20-30 | 40+ |
| | | | MYO High Knee Runners | - | - | - |
| | | | KB Double Doubles | <15 | 20-30 | 35+ |
| | | | Soccer Taps on Wallball | - | - | - |

Bike Protocol:

Bike Abbreviations

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

(20-30 seconds of light work)

| Time | Type | L1 | L2 | L3 |
|-----------|--|-----|-----|------|
| Bike Ride | | | | |
| | TC | | | |
| 1:00 | CDC (repeat 3x, beat previous each time) | | | |
| | RR | | | |
| | TC | | | |
| | High Watts Hold- 0:20 work/0:20 rest (repeat 3x) | 130 | 150 | 175+ |
| | RR | | | |
| | High MPH Hold- 0:20 work/0:20 rest (repeat 3x) | 12 | 15 | 18+ |
| | TC | | | |
| | | | | |

| Formats (All members start on bike first) | | Format & Rotation Options |
|--|----------------|---|
| Blizzard | Tornado | Revolution- Members Split on the circuits first |
| Crazy 8's | Tropical Storm | 3C- Members Distribute Evenly on Bike, Strength, HIIT |
| Doomsday | Thunder Storm | TIC- Timed Interval Circuit |
| Earthquake | Typhoon | ORA- One Round Assault |
| Flash Flood | Vortex | Funnel- Decreasing a Rep each Round |
| Heatwave | Whirlwind | Reverse Funnel- Adding a Rep each Round |
| Hurricane | | |
| Monsoon | | |
| Supernova | | |