



DATE: 7-7-23

FORMAT: Typhoon

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			** Complete 2 Rounds Before Moving On **			
10	10	10	Incline Skull Crushers on BOSU	<10	12-20	25+
1	1	1	21's	<10	12-20	25+
15	15	15	Kickbacks	<8	10-15	20
.4	.5	.6	Distance on Bike (use bike console)	-	-	-
			** Complete 2 Rounds Before Moving On **			
8	8	8	ISO Hold and Curl	<10	12-20	25+
15	15	15	OTH Extension	<15	20-30	35+
12	12	12	Hammer Curl	<10	12-20	25+
.4	.5	.6	Distance on Bike (use bike console)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise: (ORA)	L1	L2	L3
30	40	50	American KB Swing	<25	30-45	50+
20	25	30	MYO Roll Ins	-	-	-
25	30	35	Wallballs	8	12-16	20
20	30	40	SB Clean	Lt	Hvy	hvy

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			
	High MPH Hold 0:20/0:20 RR, complete 3x			
	TC			
AFAP	Distance Challenge	.4	.5	.6
	TC			
	High Watts Hold 0:20/0:20 RR, complete 3x			
	TC			

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