



DATE: 8-14-23  
 FORMAT: Typhoon  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: <b>**First round, light weight double reps for a warmup**</b> | L1  | L2    | L3  |
|----|----|----|---|-----|-------|-----|
| 5  | 5  | 5  | Push Press <b>*heavy*</b>   | <20 | 25-40 | 45+ |
| 7  | 7  | 7  | Renegade Row <b>*heavy*</b>   | <15 | 20-30 | 35+ |
| 7  | 7  | 7  | Single Arm Squat/High Row <b>*heavy*</b>                                | <20 | 25-40 | 45+ |
| 7  | 7  | 7  | Back Lunge <b>*heavy*</b>   | <15 | 20-30 | 35+ |
| .4 | .6 | .8 | Distance on Bike (use console)  | -   | -     | -   |

### HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise:                             | L1  | L2    | L3  |
|----|----|----|---------------------------------------|-----|-------|-----|
| 15 | 20 | 25 | American KB Swings <b>*high reps*</b> | <15 | 20-30 | 35+ |
| 15 | 20 | 20 | Wallballs                             | <12 | 16    | 20  |
| 8  | 8  | 8  | Tuck Slams                            | 15  | 15    | 20  |
| 5  | 5  | 5  | American KB Swings <b>*heavy*</b>     | <25 | 30-45 | 50+ |
| 50 | 50 | 50 | BR                                    | -   | -     | -   |

### 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 (complete 3x total, beat previous each time)       |     |     |      |
|            | RR   |     |     |      |
|            | TC   |     |     |      |
|            | High Watts Hold- 0:20 work/0:20 RR (complete 3x total) | 130 | 150 | 175+ |
|            | RR   |     |     |      |
|            | High MPH Hold- 0:20 work/0:20 RR (complete 3x total)   | 12  | 15  | 18+  |
|            | TC   |     |     |      |
|            |  |     |     |      |

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