



DATE: 6-5-24
FORMAT: Typhoon

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
12	15	25	Push Ups	knees	-	-
5	5	5	Chest Press on TC	<20	25-35	40+
12	12	15	Straight Arm Pull Throughs	<10	12-15	20+
5	5	5	Incline Chest Press on TC	<20	25-35	40+
12	12	15	Reverse Fly	<10	12-15 on TC	20+ on TC

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	KB Russian Swings	<20	25-35	40+
8	8	8	Mixed Racked Split Squat	<15	15-20	20-25
12	12	12	Pull Ups	MYO Parallel row	Asst	RIG
.2	.3	4	Distance on Bike (use console)	18	20	22
10	12	15	MYO Skull Crushers	-	-	-

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

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

Format & Rotation Options

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

Recovery Protocol:

Standing Triceps Extend and Reach
Side Reach
Palm Press
Lying Arm Reach
Seated Glute Stretch