



DATE: 7-23-24

FORMAT: Typhoon ORA **** 1 Min Seated Distance Challenge ****

STRENGTH Side

Focus: Chest & Bis

L1	L2	L3	Exercise:	L1	L2	L3
15	25	30	Chest Press/Crunch	<12	15-25	30+
15	25	30	Twisted Curl	<8	10-12	15+
20	30	40	Hand Release Push Up	-	-	-
20	30	40	Chest Fly	<8	10-15	20+
20	30	40	45 Degree Curl	<8	10-15	20+

HIIT Side

Focus: Cardio/Chest

L1	L2	L3	Exercise:	L1	L2	L3
100	200	300	ALT Kneeling BR	-	-	-
20	25	30	KB Chest Press (ea)	<15	20-25	25+
1 mile	1.5 mile	2 mile	Distance on Bike (use console)	-	-	-
Failure	Failure	Failure	Push Ups	-	-	-
30	40	50	MYO Bicep Curls	-	-	-

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:				
1:00	Seated Distance Challenge, AFAP!			
	TC			
0:30	CEC, AFAP, then RR			
1:00	CEC, double previous, then RR			
1:00	CEC- meet or beat previous, then RR			
	TC			
1:00	Sprints- 0:30 OOS/0:30 S	70/90 RPMs	75/100 RPMs	80+/100+ RPMs
	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 Figure 4 and Bend
Arm Across Stretch
Standing Hamstring with Toe Up
Side to Side Neck Flow/Up and Down Neck Flow
Side Lying Knee Bend