



DATE: 9-25-24

FORMAT: Typhoon ***LEVEL UP DAY***

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	DB Clean & Press	<12	15-25	30+
8	10	12	Deadlift	<20	25-35	40+
8	10	12	Center Hold Squat	<25	30-45	50+
8	10	12	Tricep DB Press	<15	20-30	35+
8	10	12	Bent Over Row	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	12	10	Pull Ups	MYO High Row	Asst	Rig
12	12	12	Push Ups	-	Elevated	Plyo
10	12	12	American KB Swings	20	25-40	45+
6	8	10	Bottoms Up KB Press	<15	20	25+
12	12	12	Reverse Crunches	-	Hanging Knee Raises	TTB

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:

Heel Press
Lying Leg Raise
Sprinter/Hamstring Flow
Side Lying Knee Bend
Arm Across Stretch