



DATE: 11-2-24  
 FORMAT: Typhoon

### STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Single Arm Pronated Row on TC	<10	12-25	30+
6	8	10	Single Arm Deadlift (TL)	<20	25-40	45+
10	12	15	Straight Arm Sit Ups on TC	<10	12-15	20+
10	10	10	Back Ext. on TC	-	<8	10+
8	8	8	Elbow to Knee on TC	BW	<8	10+

### HIIT Side

Focus: Back/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Chin Ups	Hvy SB Curls	Asst	Unasst
0.5	0.5	0.5	Distance on Bike Console	Gear 18	20	22
10	10	10	BOSU Lateral Hops	BW	W/KB	W/KB
10	10	10	Jumping Wallball	8	12-16	20
12	12	15	MYO Roll Ins	-	Knees on BOSU	Knees on BOSU

### Bike Protocol:

<b>Bike Abbreviations</b>
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:				
0:30	CDC, AFAP, then RR			
1:00	CDC, double previous, then RR			
1:00	CDC- meet or beat previous, then RR			
	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:

Seated Glute Stretch
Lying Down Internal Twist and Reach
Palm Press
Lying Arm Reach
Bear Hug Stretch/Butterfly Stretch