



DATE: 12/7
FORMAT: Typhoon

STRENGTH Side

Focus: LEGS

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	Crouch Lunge (ea)	-	-	-
15	15	15	Heels Up Squat	<15	20-30	35+
10	10	10	B-stance RDL (ea)	<15	20-35	40+
5	5	5	ALT single arm deadlift (ea)	<15	20-35	40+
10	12	15	TC lateral lunge push off (ea)	-	-	-

HIIT Side

Focus: LEGS/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	15	SB B2Ball Sumo Squat	Lt	Lt	Hvy
12	15	20	Calories on Bike	-	-	-
7	7	7	Single leg box stand up combo (ea)	-	-	-
15	15	15	American Swings	<20	25-40	45+
10	12	15	Air Jacks	-	-	-

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)			
	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			

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:

Pigeon Pose
Sprinter/Hamstring Flow
Standing Hamstring with Toe Up
Sprinters Rotational Stretch
Heel Press