



DATE: 3/21  
FORMAT: Typhoon

### STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise: **increase weight each round**	L1	L2	L3
8	8	8	ALT Reverse Skull Crushers (ea)			
-	-	-	21's			
10	12	15	Cobra Push-Up			
10	10	10	ALT ISO Curl (ea)			
15	15	15	Bicycle Crunch			

### HIIT Side

Focus: Arms/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Jumping Jacks w/ Slamball OTH			
10	10	10	MYO Clutch Curl			
10	10	10	KB Skull Crusher on Box			
.6	.8	1.0	Distance on Bike			
20	30	40	BR Snakes			

### 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:				
	TC			
	High MPH Hold 0:20/0:20 RR, complete 3x			
	TC			
AFAP	Distance Challenge	.4	.5	.6
	TC			
	High Watts Hold 0:20/0:20 RR, complete 3x			
	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:

Cat/Cow
Sprinter/Hamstring Flow
Palm Press
Standing Hamstring with Toe Up
Standing Triceps Extend and Reach