



DATE: 4/5

FORMAT: Typhoon

### STRENGTH Side

Focus: Back/Abs Power

L1	L2	L3	Exercise:	L1	L2	L3
12	12	15	Supinated Row on TC	<10	12-20	25+
12	12	15	Deadlift	<25	L1 +Heels up on TC	30+ Heels Up
10	12	15	TC Single Leg Jack Knife (ea)	-	-	-
10	15	20	Back Ext on TC	-	-	-
10	12	15	Wipers (Holding TC)	-	-	-

### HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Pull Ups	-	-	-
			.5 on Bike			
8	10	12	ALT KB Gorilla Row (ea)	<15	20-25	30+
8	10	12	Lateral Bosu Hops holding WB	<12	16	20
8	10	12	Wallball Sit Up & Toss (on Bosu)	<12	16	20

### 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			
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:

<b>Seated glute stretch</b>
<b>Lying down internal twist and reach</b>
<b>Palm press</b>
<b>lying arm reach</b>
<b>Bear hug stretch/Butterfly Stretch</b>