



DATE: 5/3

FORMAT: Typhoon

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Heels Up Goblet Squat	<10	12-20	25+
10	12	15	TC SuSu Slam	20	20	20
10	12	15	Elevated RDL on TC	<10	12-20	25+
15	15	15	TC Soccer Taps	-	-	-
15	8	10	Hip Thrust on TC	-	Single Leg	Single Leg

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10:5	10:7	10:10	Hand Knee Crossover/Air Jacks	-	-	-
8	9	10	MYO Pistol Squat (ea)	-	-	-
10	12	15	Calories on Bike	-	-	-
5	5	5	Goblins	<15	20-25	30+
6	7	8	KB Back Lunge Hooper (ea)	<15	20-25	30+

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:

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