



DATE: 5/16
 FORMAT: Typhoon

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Jack Press	<8	10-12	15
5	5	5	Racked Squat **Heavy**	<25	30-40	45+
7	7	7	Statue of Liberty (ea)	<10	12-15	20+
7	7	7	ALT Single Arm Deadlift (ea)	<25	30-40	45+
7	7	7	Infinity Lunge	<10	12-15	20+

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Wallball SuSu on TC	<12	16	20
8	10	12	TC Quad Burners	-	Holding KB	Holding KB
10	15	20	Calories on Bike	-	-	-
7	7	7	Bulgarian Split Squat on Box (ea)	-	<20	25+
7	7	7	ALT KB Halo Lunge (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:				
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:

Lying Down Figure 4
Sprinters Rotational Stretch
Lying Leg Raise
Standing Quad Stretch
Butterfly Stretch