



DATE: 7/23
 FORMAT: Typhoon

STRENGTH Side

Focus: Chest Power/ Triceps Burnout/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Chest Scoops (Kneeling on TC)	-	-	-
8	8	8	ALT Decline Chest Press on TC (ea)	<15	20-30	35+
10	10	10	Hip Dips on TC (ea)	-	-	-
10	10	10	Inclined Crush Press on TC	<15	20-30	35+
8	9	10	ALT Commander Push-Ups on TC (ea)	-	-	-

HIIT Side

Focus: Chest/Tri/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	BR High Plank Bridge (ea)	-	-	-
10	12	15	Butterfly Sit-Up	-	-	-
.3	.4	.5	Distance on Bike	-	-	-
15	20	20	Hand Knee Crossover (ea)	-	-	-
6	8	10	Spider Push-Up (total)	-	-	-

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			
	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:

V-Ups
Russian Twist
Toe Touches
Reverse Crunch
1.5 Sit-Up