



DATE: 6/28
FORMAT: Typhoon

STRENGTH Side

Focus: Total Body Power

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Squat Press	<12	15-25	30+
15	15	15	Slamball Yo-Yo	20	20	20
15	15	15	Power Crunch	<10	12-15	20+
10	15	20	Push-Up	-	-	-
.3	.3	.4	Distance on Bike	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	Stone Crushers (total)	Lt	Lt	Hvy
10	12	15	Kneeling KB Bottoms Up Front Raise	<15	20	25+
10	15	20	Calories on Bike	-	-	-
8	8	8	KB SCP	<15	20-35	40+
8	10	12	Chin Ups	-	-	-

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:
Wipers
Jack Knives
ALT Leg Raise (ea)
Toe Touches
Scissor Kicks