



DATE: 8/22
FORMAT: Typhoon

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise: **increase weight each round**	L1	L2	L3
8	8	8	ALT Reverse Skull Crushers (ea)	<8	10-12	15+
-	-	-	21's	<10	12-20	25+
10	12	15	Cobra Push-Up	-	-	-
10	10	10	ALT ISO Curl (ea)	<10	12-20	25+
15	15	15	Bicycle Crunch	-	-	-

HIIT Side

Focus: Arms/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	Jumping Jacks w/ Slamball OTH	20	20	20
10	10	10	MYO Clutch Curl	-	-	-
10	10	10	KB Skull Crusher on Box	<15	20-25	30+
.6	.8	1.0	Distance on Bike			
20	30	40	BR Snakes	-	-	-

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

Ab Protocol:

Scissor Kicks
Plank Tap Backs
Oblique Jack Knives
Sit-Up Punches
Toe Touches