



DATE: 8/4

FORMAT: Typhoon

### STRENGTH Side

Focus: CHEST/BACK

L1	L2	L3	Exercise: **4 ROUNDS IS THE GOAL**	L1	L2	L3
7	7	7	Incline Chest Press on BOSU	<15	20-35	40+
10	10	10	Chest Press/Crunch	<12	15-25	30+
7	7	7	Bent Over Row	<12	15-25	30+
10	10	10	Reverse Fly	<10	12-15	20+
15	15	15	Superman/Lat Pull	-	-	-

### HIIT Side

Focus: Chest/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
5	6	7	Broad Jump Burpee	-	-	-
10	10	10	SB Clean	Lt	Lt	Hvy
12	15	20	Energy Pts on Bike	-	-	-
10	10	10	KB Chest Press (DBL KBs)	<15	20-30	35+
4	5	6	Lateral Shuffle Tap (ea)	-	Holding SB	Holding SB

### Bike Protocol:

<b>Bike Abbreviations</b>
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)			
	RR			
	TC			
	High Watts Hold- 0:20 work/0:20 RR (complete 3x total)	130	150	175+
	RR			
	High MPH Hold- 0:20 work/0:20 RR (complete 3x total)	12	15	18+
	TC			

<b>Format &amp; Rotation Options</b>
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

<b>Ab Protocol:</b>
<b>ALT Leg Raise (ea)</b>
<b>Crunch</b>
<b>High Plank Toe Touches</b>
<b>ALT Plank Hip Dips (ea)</b>
<b>Toe Press Ups</b>