



DATE: 8-10-23

FORMAT: Sandstorm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
3	3	3	STARTER: Countdown (5 push ups, 4 mt climbers, 3 yo-yo, 2 burpees, 1 atomic frog)	-	-	-
5	5	5	Renegade Row to Hammer Curl	<8	10-15	20+
5	5	5	DB Swing Lunge Complex	<10	12-20	25+
3	3	3	DB Rover	<12	15-30	35+
10	15	15	Snatch	<12	15-30	35+
20	20	20	FINISHER: Lateral Raise	<8	10-15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	STARTER: B2B Squats	-	-	+ Jump
2	2	3	5:5 MYO Chest Press/MYO Skull Crushers	-	-	-
4 DABS	4 DABS	4 DABS	KB Farmers Walk w KB Shrugs on B.E. (book ends)	<15	20-40	45+
8	8	8	Floor Tap Jack	-	-	-
15	15	15	Box Dips	-	-	-
10	12	15	FINISHER: ALT Jumping Lunge	-	-	-

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

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
AFAP	Energy Points Challenge	10	15	20
	0:30 OOS Climb/0:30 S Sprint, Complete 3x, RR btwn each			
	TC			
	STARTER: Seated Distance (Console)	.5	.5	.5
	FINISHER: Standing Distance (Console)	.5	.5	.5

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Tropical Storm	Revolution- Members Split on the circuits first
Blizzard	Thunderstorm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Typhoon	TIC- Timed Interval Circuit
Doomsday	Vortex	ORA- One Round Assault
Heatwave	Whirlwind	Funnel- Decreasing a Rep each Round
Hurricane	Wildfire	Reverse Funnel- Adding a Rep each Round
Monsoon		AMRAP- As Many Rounds As Possible
Sandstorm		
Tornado		