



DATE: 9-1-23

FORMAT: Sandstorm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Man Maker	<10	12-20	25+
2	2	2	3:3 Lateral Raise/Front Raise	<10	12-20	25+
2	2	2	3:3 Upright Row/Supinated Shoulder Press	<10	12-20	25+
10	10	10	45 Degree Curl	<10	12-20	25+
10	10	10	Top Half Curls	<10	12-20	25+
6	8	10	Diamond Push Up	-	-	-
15	15	15	OTH Extension	<15	20-30	35+
40	60	80	FINISHER: Air Squats	-	-	-

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	STARTER: DAB Drag (Total DABs)	Lt	Hvy	hvy
10	10	10	Jumping Wallballs	8	12	16+
7	7	7	SB Push Up Lateral Drag	Lt	Hvy	hvy
5	5	5	SMS/In & Outs	-	-	-
5	5	5	Atomic Broad Jump	-	-	-
7	7	7	SB Snatch	Lt	Hvy	hvy
40	60	80	FINISHER: Push 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

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride:				
	TC			
2:00	Distance Challenge	.2	.3	.4
	TC			
1:00	LMAO- 0:30 OOS Sprint/0:30 S Sprint			
	STARTER: Energy pts	8	12 *add 3 every round	15 *add 5 every round
	FINISHER: Distance on bike (console)	.5	.6 *add .1 every round	.6 *add .2 every round

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		