



DATE: 9-25-2023
 FORMAT: Sandstorm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	STARTER: Chest Press on BOSU (hips off ground) **Every round add 5lbs	<15	20-30	35+
20	25	30	BOSU Back Extension	-	-	-
20	25	30	Incline Chest Fly on BOSU	<10	12-20	25+
10	12	15	ALT Bent Over Row	<10	12-20	25+
20	25	30	Incline Chest Press on BOSU	<15	20-30	35+
15	15	15	FINISHER: Reverse Fly **Every round add 5lbs	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	STARTER: SB B2B Squats	Lt	Lt	Hvy
30	40	50	BR Slams	-	-	-
10	12	15	KB Lateral Lunge/Upright Row	<15	20-35	40+
20	25	30	American KB Swings	<15	20-35	40+
20	25	30	Wallballs	8	12-16	16+
15	15	15	FINISHER: Burpees	-	-	-

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:				
	STARTER: Distance (console)	.3	.4	.5
	TC			
	High MPH Hold- 0:20, complete 3x total	12	15	18+
	TC			
	CDC- 0:30 OOS/0:30S/RR			
	CDC- 0:30 OOS/0:30S/RR (beat previous)			
	LMAO			
	FINISHER: Distance (console)	.3	.4	.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		