



DATE: 10-13-23
 FORMAT: Sandstorm
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: Swing Snatch *increase weight ea round*	<10	12-20	25+
7	7	7	1:1 Weighted Sit Up/Press	<10	12-20	25+
7	7	7	Split Lunge Curl	<10	12-20	25+
7	7	7	Sphinx Push Ups	-	-	-
7	7	7	Squat Press **Heavy**	<15	20-30	35+
12	12	12	FINISHER: ALT V-Ups	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: KB Sprinters Lunge *increase weight ea round*	<15	20-30	35+
15	15	15	KB Russian Swing	<20	25-45	50+
10	10	10	Wallball Russian Twist	8-12	16	20
30	40	40	ALT BR	-	-	kneeling
3	3	3	Turkish Get Up	<15	20	25+
10	12	15	FINISHER: Shoulder Taps (ft on box)	-	-	-

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			
	CDC- OOS 0:20, S 0:30, RR. Complete 2x.			
	TC			
	CEC- S 0:20, OOS 0:30, RR. Complete 2x.			
	TC			
	STARTER: Distance on console	.3	.3	.3
	FINISHER: Distance on console	.3	.3	.3

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		