



DATE: 10-25-23

FORMAT: Sandstorm

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Biceps

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: 1:1 Pushups/TC Knee to Elbow	-	-	-
10	10	10	Chest Press on TC	<15	20-35	40+
10	10	10	ISO Bicep Curl	<10	12-15	20+
7	7	7	Inclined Crush Press on TC	<15	20-35	40+
7	7	7	Top Half Curls	<10	12-15	20+
-	-	-	FINISHER: 1 min DB ISO Bicep Curl Hold	<8	10-12	15

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: OTS Stone Toss	Lt	Lt	hvy
10	10	10	SB Back Squat	Lt	Hvy	hvy
10	10	10	Lateral Plank Jack	-	-	-
30	40	50	ALT Jump Rope	-	-	-
6	8	10	Rainbow Slams (Total)	15	15	20
10	10	10	FINISHER: Launchers	-	-	-

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			
1:00	Energy Points Challenge			
	0:30 OOS Climb/0:30 S Sprint, Complete 3x, RR btwn each			
	TC			
	STARTER: Energy Pts	10	15	20
	FINISHER: Distance (console)	.5	.5	.5

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