



DATE: 11-09-23
FORMAT: Sandstorm

STRENGTH Side

Focus: Chest/Core (Endurance)

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	STARTER: Incline Chest Fly on BOSU	<12	15-25	30+
8	10	12	Push Ups on BOSU	Knees	Toes	Toes
10	12	12	Fruit Fly on BOSU	<12	15-25	30+
8	8	8	Alt Chest Press on BOSU (Hips up)	<15	20-35	40+
12	12	12	Hip Dips w/ DB	<15	20-35	40+
12	15	15	FINISHER: ALT V-Up on BOSU	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: Heisman's	-	-	-
8	12	12	Box Jumps	16"	20"	24"+
5	6	6	KB Statue of Liberty	<15	20-30	35+
10	15	20	MYO Mtn Climbers	-	-	-
5	6	6	KB Double Double	<15	20-30	35+
8	12	15	FINISHER: OTS Stone Toss	Lt	Lt	hvy

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

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: Standing Distance (console)	.3	.4	.5
	FINISHER: Seated Distance (Console)	.3	.4	.5

Format & Rotation Options

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

Recovery Protocol:

Side Reach
Heel Press
Lying Arm Reach
Cat (2x)
Cobra (2x)