



DATE: 12-20-23

FORMAT: Sandstorm **\*\* Heart Rate Hold \*\***

### STRENGTH Side

Focus: Chest/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	<b>STARTER:</b> Wide Push Ups	-	-	-
10	10	10	Incline Chest Press on BOSU	<15	20-35	40+
15	15	15	Incline Skull Crushers on BOSU	<8	10-15	20+
5	5	5	Chest Press on BOSU	<20	25-40	45+
12	15	20	<b>FINISHER:</b> Diamond Push Ups	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	<b>STARTER:</b> Inchworm to T-Rotation	-	-	-
8	10	12	ALT KB Russian Swing	<20	25-35	40+
7	7	7	KB Mix Racked Split Squat	<15	20-30	35+
30	40	50	BR Slams	-	-	-
12	15	20	<b>FINISHER:</b> Wallball Sit Up and Toss	8-12	16	20

### 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	<b>Heart Rate Zone 5 Hold:</b> give members 0:30 to find Zone 5. Then start 1:00 interval.			
	TC			
	High MPH Hold- 0:20, complete 3x total	12	15	18+
	LMAO, Zone 5 Hold			
	<b>STARTER:</b> Energy pts	8	12	16
	<b>FINISHER:</b> Distance on console	.5	.6	.7

#### 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:

Standing Triceps Extend and Reach

Lying Arm Reach

Hand Behind Back

Arm Across Stretch

Sprinter/Hamstring Flow