



DATE: 11/22
FORMAT: Sandstorm

STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Push Press (single arm) (ea)	<12	15-25	30+
12	12	12	DB single arm row (ea)	<12	15-25	30+
15	15	15	Lateral raise	<10	12-15	20+
8	8	8	Alt Reverse Fly (ea)	<12	15-25	30+
10	10	10	Arnold press (Kneeling)	<12	15-25	30+
12	12	12	FINISHER: Supinated Row	<12	15-25	30+

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	STARTER: SB Clean	Lt	Lt	hvy
30	40	50	BR XTR	-	-	-
8	8	8	Gorilla Row	<15	20-30	35+
15	15	15	Shoulder Taps ft on Box (ea)	20"	24"	30"
8	10	12	MYO B2G Row	-	-	-
10	12	10	FINISHER: SB Snatch	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			
	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			
	STARTER:	.2	.2	.3
	FINISHER:	.2	.2	.3

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 to side neck flow/Up and down neck flow
Arm Across Stretch
Pigeon Pose
Cross body IT band stretch
Bear hug stretch/Palm press