



DATE: 12/26
 FORMAT: Sandstorm

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	STARTER: Lateral BOSU Hops (ea)	-	-	-
10	10	10	ALT V-Up on BOSU (ea)	-	-	-
12	12	12	Incline Skull Crusher on BOSU	<10	12-15	20+
10	12	15	Crossbody Knee to Elbow on the BOSU (ea)	-	-	-
12	12	12	Hammer Curl on BOSU	<10	12-15	20+
10	12	15	FINISHER: Swing Snatch	<15	20-30	35+

HIIT Side

Focus: Arms/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	25	30	STARTER: BR w/ Out to In Hop	-	-	-
8	8	8	KB Pendulum Swing (ea)	<15	20	25
12	12	15	SB Bicep Curl	Lt	Lt	Hvy
6	8	10	Sphinx Push-Ups	-	-	-
8	10	15	FINISHER: KB Yo-Yos	<20	25-35	40+

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: Distance on Bike	.4	.5	.6
	FINISHER: Calories on Bike	12	15	20

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:

Lying Down Internal Twist and Reach
Standing Triceps Extend and Reach
Standing Quad Stretch
Sprinters Rotational Stretch
Seated glute stretch