



DATE: 12/4
 FORMAT: Sandstorm

STRENGTH Side

Focus: LEGS/BACK

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	STARTER: DB pullover/crunch on TC	<15	20-30	35+
5	7	7	TC lunge high knee (ea)	-	<15	20+
8	8	8	DB row on TC (ea)	<15	20-30	35+
8	8	8	Goblet Squats on TC	<15	20-30	35+
5	5	5	TC Burpee Row	-	-	-
12	15	15	FINISHER: TC lateral hops (ea)	-	-	Weighted

HIIT Side

Focus: LEGS/BACK/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: Pull ups	ASST	ASST	Rig
5	5	5	Alt SB surrender	Lt	Lt	Hvy
10	30	50	DBLU	-	-	-
10	12	15	Single Leg Hip Thrust on Box (no weight)	-	-	-
8	10	12	FINISHER: Chin ups	ASST	ASST	ASST

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: Calories on Console	8	12	15
	FINISHER: Distance on Bike	.2	.3	.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:

Heel Press
Lying Down Figure 4
Pigeon Pose
Bear Hug Stretch
Up and Down Neck Flow/Side to Side Neck Flow