



DATE: 9/19
FORMAT: Sandstorm

STRENGTH Side

Focus: Back/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: ALT Kneeling Shoulder Press (ea)	<10	12-20	25+
6	7	8	Jacks Squared	-	-	-
10	10	12	Bent Over Row	<12	15-25	30+
10	12	14	Kneeling Slamballs	20	20	20
8	8	10	FINISHER: ALT Lateral Raise (ea)	<8	10-15	20+

HIIT Side

Focus: Back/Shoulders/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	STARTER: BR XTR	-	-	-
8	8	8	ALT KB Gorilla Row (ea)	<15	20-30	35+
8	8	8	ALT Russian Swing	<15	20-30	35+
8	8	8	MYO Single Arm Floor Touch (ea)	-	-	-
6	8	10	FINISHER: SB Burpee 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			
1:00	Energy Points Challenge			
	0:30 OOS Climb/0:30 S Sprint, Complete 3x, RR btwn each			
	TC			
	STARTER: Calories on Bike (men + 10)	10	10	10
	FINISHER: Distance on Bike	.5	.5	.6

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:

3 Point Crunch
Butterfly Sit-Up
Jack Knives
Wipers
Candlesticks