



DATE: 12-29-23
FORMAT: Sandstorm

STRENGTH Side

Focus: Lower Body/Core

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	STARTER: Jump Squat/Lunge Combo	-	-	-
2	2	3	5:5 Sprinters Lunge/B Stance RDL	<15/20	20/30	25/40+
7	7	7	Crossbody Bicycle/V-Up	-	-	-
7	7	7	ALT Back Lunge Clean	<15	20-30	35+
8	8	8	FINISHER: DB Windmill	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	STARTER: Pull Ups	ASST	ASST	RIG
10	12	15	SB Squat/High Row	Lt	Hvy	hvy
15	25	25	American KB Swings	<20	25-40	45+
15	15	15	Butterfly Sit Ups	-	-	-
2	3	4	FINISHER: 10:10 Jumping Jacks/Fast Jacks	-	-	-

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			
	CDC- OOS 0:20, S 0:30, RR. Complete 2x.			
	TC			
	CEC- S 0:20, OOS 0:30, RR. Complete 2x.			
	TC			
	STARTER: Distance on Console (seated)	.5	.5	.5
	FINISHER: Distance on Console (standing)	.5	.5	.5

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:

Seated Glute Stretch
Pigeon Pose
Palm Press
Cat/Cow
Hand on Head Twist