



DATE: 1-26-24
 FORMAT: Sandstorm

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
5	8	10	STARTER: Warrior Press on BOSU	<10	12-15	20+
5	8	8	ALT Back Lunges	-	10-15	20+
10	15	15	1.5 Single Leg Hip Bridge	-	Weighted	weighted
5	8	8	Racked Lateral Lunge on BOSU	-	12-15	20+
5	10	12	FINISHER: Up and Overs	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	12	12	STARTER: SB Back Squat	Lt	Lt	Hvy
6	10	12	Bulgarian RDL	-	KB weighted	KB weighted
8	10	15	KB Russian Swings	<15	20-30	35+
6	8	10	KB Single Arm Racked Squat	<10	15-20	25+
10	12	15	FINISHER: MYO Muscle Ups	-	-	-

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			
2:00	Distance Challenge	.2	.3	.4
	TC			
1:00	LMAO- 0:30 OOS Sprint/0:30 S Sprint			
	STARTER: Energy pts	8	12	16
	FINISHER: Distance on console	.5	.6	.7

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
Crossbody IT Band Stretch
Palm Press
Cow/Downdog
Hand on Head Twist