



DATE: 2-15-24
FORMAT: Sandstorm

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	STARTER: ALT Front Lunge/Lateral Raise	<10	12	15+
10	8	8	B-Stance Goblet Squat (ea)	<15	20-30	35+
12	8	8	Racked Sumo Squat	<10	12-20	25+
12	8	8	Split Squat	BW	12-20	25+
12	8	8	DB RDL	<15	20-25	30+
4	4	4	FINISHER: Around the World Lunge	BW	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	STARTER: KB Single Suitcase Swing	<15	20	25+
15	8	8	Pull Ups	MYO Supinated row	Asst	Rig
8	15	20	BOSU Crossbody Mtn Climber (ea)	Fast	Faster	Fastest
4	6	6	KB Clean	<15	20	25+
8	8	8	FINISHER: Lateral BOSU Hops	BW	KB Weighted	KB Weighted

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	.3	.3	.3
	FINISHER: Energy	5	8	12

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:

Hand on Head Twist
Sprinters Rotational Stretch
Sprinters Stretch
Sprinter/Hamstring Flow
Side Reach