



DATE: 2-5-24  
 FORMAT: Sandstorm

**STRENGTH Side**

Focus: Lower Body/Core

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	<b>STARTER:</b> Power Skaters (ea)	-	-	Weighted
8	10	12	SMS Squat (total)	-	Goblet 10-20	Goblet 25+
8	8	8	SSDL (ea)	-	10-20	25+
5	5	5	Back Lunge *heavy*	<15	20-30	35+
2	3	3	<b>FINISHER:</b> 5:5 Knee Up Crunches/Toe Press Ups	-	-	Weighted

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
50	50	50	<b>STARTER:</b> Jump Rope	Single	Alt	DBLU
8	8	8	KB Pullovers on Box	15-20	25-30	35+
10	12	14	ALT KB Russian Swings (total)	<15	20-25	30+
20	30	40	Hand Knee Crossovers (total)	-	Fast	Faster
6	10	12	<b>FINISHER:</b> KB Bottoms Up Front Raise	15	15-20	25+

**Bike Protocol:**

<b>Bike Abbreviations</b>
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			
	<b>STARTER: Distance</b>	.3	.4	.5
	<b>FINISHER: Energy</b>	8	15	20

**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:**

Standing Figure 4 and Bend
Standing Quad Stretch
Side Reach
Heel Press/Palm Press
Lying Arm Reach