



DATE: 3-11-24
FORMAT: Sandstorm

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Deadlifts	<15	20-30	35+
12	12	10	Incline Chest Fly on BOSU	<10	12-20	25+
12	12	10	ISO Chest Press on BOSU	<12	15-25	30+
10	12	15	BOSU Back Extension	-	-	-
12	12	10	Incline Chest Press on BOSU	<12	15-25	30+
8	8	8	FINISHER: Reverse Fly	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	8	STARTER: SB B2B Squat	Lt	Lt	Hvy
20	30	40	BR Slams	-	-	-
8	8	8	KB Lateral Lunge/Upright Row	<15	20-25	30+
10	10	8	American KB Swings	<15	20-25	30+
15	10	8	Wallballs	8	12-16	20
8	8	8	FINISHER: Burpees	-	-	-

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: Distance	.3 gear 16	.3 gear 18	.3 gear 20+
	FINISHER: Energy	8 gear 18	12 gear 20	15 gear 22+

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 Triceps Extend and Reach
Lying Arm Reach
Hand Behind Back
Arm Across Stretch
Sprinter/Hamstring Flow