



DATE: 4-1-24
FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: 1:1 ALT Back Lunge (Racked DB)/Shoulder Press	<10	12-15	20
10	10	10	Offset Goblet Squat on BOSU	BW	10-20	25+
8	8	8	1:1 Alt Front Lunge/Supinated Front Raise	<8	10-12	15+
8	10	12	ALT Single Arm/Leg V-Up	-	-	-
12	12	12	Upright Row	<10	12-15	20+
12	16	20	FINISHER: Lateral BOSU Hops (total)	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	10	8	STARTER: SB Burpee Snatch	Lt	Lt	Hvy
6	8	10	KB Clean & Press	<15	20	20+
8	10	10	KB Figure 8	<15	20-25	30+
8	8	8	Pull Ups * Level 2- Pause Reps are at the bottom of the pull up*	MYO Parallel row	Asst + Pause	Rig
6	10	8	FINISHER: SB Cleans	Lt	Lt	Hvy

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			
	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			
	STARTER: Distance	.3 gear 18	.4 gear 18	.5 gear 22
	FINISHER: Energy	10 gear 18	15 gear 18	20 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:

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