



DATE: 5-17-24
FORMAT: Sandstorm

STRENGTH Side

Focus: Posterior Chain

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: DB Suitcase Swings	<10	12-15	20+
8	8	8	1:1 DB RDL/DB Calf Raises	<15	20-25	30+
10	12	12	Wallball Hamstring Curls	-	-	-
10	12	12	Superman/Lat Pull	-	-	-
8	12	12	Pronated Row	<10	12-20	25+
8	8	10	Straight Arm Pull Throughs	<10	12-20	25+
7	7	7	FINISHER: Racked Squats	<20	25-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Wallballs	8	12-16	20
12	12	12	American KB Swings	<20	25-30	35+
8	8	8	KB SCP	<20	25-30	35+
10	10	10	Slamballs	15	20	20+
12	12	10	Reverse Crunches	-	-	TTB
8	8	8	MYO Pistol Squats	BW	BW	Weighted
8	8	8	FINISHER: Atomic Broad Jumps	8	12	16

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 Seated	.2	.3	.3
	FINISHER: Distance Standing	.3	.4	.4

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:

Up and Down Neck Flow/Side to Side Neck Flow
Lying Down Figure 4
Sprinter Stretch
Crossbody IT Band Stretch
Butterfly Stretch