



DATE: 6-12-24
FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	15	STARTER: Arms Up Crunch on BOSU	BW	<10	12+
4	6	8	ALT Push Up on BOSU	Knees	-	-
8	10	15	V-Ups w BOSU	BW	-	-
4	8	12	Pike Push Ups	-	-	-
2	3	4	5:5 Reverse Crunches/Knee Up Crunches	-	-	-
6	8	10	FINISHER: Offset Goblet Squat on BOSU	BW	<20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	STARTER: Box Dips	-	-	-
4	6	8	Burpees	-	-	-
10	12	15	SB High Row	Lt	Lt	Hvy
30	40	60	BR XTR	-	-	-
12	20	30	SB Walking Lunges (total)	Lt	Hvy	Lt
8	10	12	FINISHER: SB Bicep Curls	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:				
	STARTER: Standing Distance	.2	.3	.3
	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			
	FINISHER: Seated Distance	.2	.3	.3

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:

Pronated Press and Rotate
Arm Across Stretch
Hand Behind Back
Standing Triceps Extend and Reach
Bear Hug Stretch