



DATE: 6-27-24

FORMAT: Sandstorm **Energy Point Challenge**

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: Weighted Step Ups	BW	<15	20+
8	10	12	SB Hip Thrust on Box	Lt	Lt	Hvy
8	10	12	Goblet Squats	<15	20-30	35+
8	10	12	Bulgarian Split Squat on Box	BW	<15	20+
8	10	12	FINISHER: Center Hold Squat	<20	25-35	40+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: KB Russian Swings	<15	20-30	35+
6	8	10	KB Suitcase RDL	<20	25-30	35+
10	12	15	SB Bicep Curls	Lt	Lt	HVY
8	10	15	MYO Chest Press	-	-	-
8	10	12	FINISHER: MYO Skull Crushers	-	-	-

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:				
1:00	Energy Points Challenge- how many can members get in 1 minute			
	TC			
	0:30 OOS Climb/0:30 S Sprint, Complete 3x, RR btwn each			
	TC			
	STARTER: Standing Distance Gear 20+	.2	.3	.4
	FINISHER: Seated Distance Gear 18-22	.1	.2	.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:

Standing Hamstring with Toe Up
Lying Down Hamstrings Pull
Lying Down Internal Twist and Reach
Standing Figure 4 and Bend
Heel Press