



DATE: 7-29-24
FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	STARTER: Slam Balls	15	20	25+
8	10	12	TC Soccer Taps (ea)	-	-	-
8	10	12	TC Rock N Row	-	-	+1 push up
10	10	10	Straight Arm Sit-Ups	BW	<10	12+
6	8	10	1:1 Curtsey Lunge/Hammer Curl (reps per leg)	<10	12-15	20+
15	20	25	FINISHER: Pulse Squats	-	-	-

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	STARTER: Lateral Shuffle Taps w 5 Air Squats on B.E.	-	-	-
6	8	10	Wallball Kneeling Haybalers (ea)	8	12-16	20
8	10	12	KB SCP	<15	20-30	35+
2	3	4	5:5 Wallball Sit Up & Toss/Wallball Russian Slams	8	12-16	20
1	2	2	DAB SB Drag	Lt	Lt	Hvy
10	15	20	FINISHER: Leg Raises	-	-	-
10	12	20	OLYMPIC FINISHER: Sprinter's Lunges (sprinting)	Bronze	Silver	Gold

Bike Protocol:

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: Standing Energy	6	10	12
	FINISHER: Seated Energy	4	8	10

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

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