



DATE: 7-5-24  
FORMAT: Sandstorm

### STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
Failure	Failure	Failure	<b>STARTER:</b> Push Ups	Knees	Toes	Toes
6	8	8	HWH Curls	<8	10-12	15+
8	10	10	ALT Crossbody Hammer Curls	<8	10-12	15+
2	3	4	5:3 Skull Crusher/Close Grip Press (same weight)	<8	10-15	20+
8	10	12	OTH Extension	<10	12-15	20+
4	6	8	<b>FINISHER:</b> Renegade Row	<8	10-12	15+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	20	25	<b>STARTER:</b> Box Dips	-	-	-
8	10	12	MYO Skull Crushers	-	-	-
8	10	12	MYO High Knee Runners	-	-	-
10	10	10	KB American Swing	<15	20-30	35+
10	12	15	Soccer Taps on Slam Balls	-	-	-
8	10	12	<b>FINISHER:</b> KB Walking Hooper	<15	20	25+

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			
	<b>STARTER:</b> Energy Standing	5	10	15
	<b>FINISHER:</b> Energy Seated	4	8	12

#### 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’s Stretch  
Crossbody IT Band Stretch  
Butterfly Stretch