



DATE: 9-5-24

FORMAT: Sandstorm *** 1 Min Seated Energy Challenge ***

STRENGTH Side

Focus: Back/Core

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: Bent Over Row	<10	12-25	30+
8	10	12	DB Pullover/Crunch on TC	<10	12-25	30+
8	10	12	Straight Arm Sit Up on TC	BW	<10	12+
8	10	12	Back Ext. on TC	-	-	-
8	10	12	FINISHER: Kneeling Y Raise	<8	10-12	15+

HIIT Side

Focus: Back/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: DBL KB Deadlift	<15	20-30	35+
15	12	10	Chin Ups	MYO Supinated Row	Asst	Rig
4	6	8	Burpees	-	-	Double Pump
8	10	12	Slamballs	15	20-25	30+
8	8	8	High Knees	-	-	-
40	40	50	FINISHER: Jump Rope	-	Alt	Alt

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			
1:00	Energy Points Challenge, Seated			
	0:30 OOS Climb/0:30 S Sprint, Complete 3x, RR btwn each			
	TC			
	STARTER: Standing Energy	4	6	8
	FINISHER: Seated Distance	.2	.3	.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:

Side to Side Neck Flow/Up and Down Neck Flow
Arm Across Stretch
Pigeon Pose
Crossbody IT Band Stretch
Bear Hug Stretch/Palm Press