



DATE: 10-5-24
 FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
6	8	12	STARTER: Swing Snatch	<8	10-15	20+
8	10	12	DB Cleans	<10	12-25	30+
3	4	5	DB Rover	<12	15-30	35+
8	10	12	Tricep Push Ups	Knees	-	-
6	7	8	FINISHER: Racked Lateral Lunge	<8	10-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	50	STARTER: ALT Jump Rope	-	-	-
2	3	3	DAB SB Drag	Lt	Lt	Hvy + 5 PU @ BE
6	8	10	ALT Wall Ball Lunges	8	12-16	20
8	10	10	OTS Stone Toss	Lt	Lt	Hvy
6	8	10	FINISHER: Wallball Russian Twists	8	12-16	20

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: Distance	.2	.2	.3
	TC			
2:00	Distance Challenge	.2	.3	.4
	TC			
1:00	LMAO- 0:30 OOS Sprint/0:30 S Sprint			
	FINISHER: Energy Points	4	6	8

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:

Cat/Cow
 Standing Triceps Extend and Reach
 Standing Quad Stretch
 Standing Hamstring with Toe Up
 Pigeon Pose