



DATE: 2/20
FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body Cardio

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: Power Skaters (ea)	-	-	-
6	8	8	Slammer Jammer	20	20	20
6	8	10	Straight Leg Sit-Up/V-Up	-	-	-
5	5	6	Man Makers	<10	12-15	20+
10	12	15	FINISHER: Spider Climbers (ea)			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	STARTER: BR XTR	-	-	-
8	10	12	Crab Toe Touches (ea)	-	-	-
8	10	12	Plank Knee 2 Elbow (ea)	-	-	-
4	5	5	5:1 Fast Feet/Atomic Frog	-	-	-
10	12	12	FINISHER: DBL KB Clean	<15	20-25	30+

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			
	0:30 OOS Climb/0:30 S Sprint, Complete 3x, RR btwn each			
	TC			
	STARTER: Energy on Bike (men + 5)	8	10	12
	FINISHER: Standing Distance	.2	.3	.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:

Butterfly Stretch
Downdog
Standing Quad Stretch
Arm Across Stretch
side lying knee bend