



DATE: 3/28
FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: ALT Jump Lunge/Shoulder Press (ea)	<10	12-15	20+
10	10	10	Double DB Snatch	<12	15-25	30+
8	8	8	Woodchopper (ea)	<12	15-25	30+
3	3	4	DB Rover	<12	15-25	30+
7	8	10	FINISHER: Inchworm/Push-Up	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	STARTER: Atomic Slams	20	20	20
3	4	4	ALT DAB Bottoms Up Hold w/ 2 Snatch B.E (ea)	<10	15-20	25+
15	20	25	Seal Jacks	-	-	-
10	12	15	KB SCP	<15	20-30	35+
5	6	7	FINISHER: Heismans w/ 10 High Knee B.E.	-	-	-

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			
	STARTER: Standing	.5	.6	.8
	FINISHER: Seated	.5	.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:

Sprinter/Hamstring Flow
Arm Across Stretch
Sprinters Rotational Stretch
Shoulder Extension
Pigeon Pose