



DATE: 3/8
FORMAT: Sandstorm

STRENGTH Side

Focus: Legs/Chest

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	STARTER: BOSU Squat Drop	-	-	-
12	12	12	Goblet Squat on BOSU	<15	20-35	40+
8	8	8	Slamball OTH Front Lunge (ea)	20	20	20
8	8	8	Decline Chest Press on BOSU	<15	20-35	40+
10	12	15	FINISHER: Hand Release Push-Ups	-	-	-

HIIT Side

Focus: Legs/Chest/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
14	16	18	STARTER: KB Side Step Swing (total)	<15	20-30	35+
10	12	15	MYO Chest Press	-	-	-
6	7	7	Burpee Box Jump	-	-	-
15	20	25	BR High Plank Bridge (ea)	-	-	-
7	7	7	FINISHER: KB Snatchue of Liberty (ea)	<15	20-30	35+

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			
	High MPH Hold- 0:20, complete 3x total	12	15	18+
	TC			
	CDC- 0:30 OOS/0:30S/RR			
	CDC- 0:30 OOS/0:30S/RR (beat previous)			
	LMAO			
	STARTER: Distance on Bike	.2	.3	.3
	FINISHER: Energy Pts	10	12	15

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 Stretch
Lying Arm Reach
Seated glute stretch
Standing Quad Stretch
Crossbody IT Band Stretch