



DATE: 4/18
FORMAT: Sandstorm

STRENGTH Side

Focus: Back/Shoulders

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| 8 | 10 | 12 | STARTER: ALT Kneeling Shoulder Press (ea) | <10 | 12-20 | 25+ |
| 6 | 7 | 8 | Jacks Squared | - | - | - |
| 10 | 10 | 12 | Bent Over Row | <12 | 15-25 | 30+ |
| 10 | 12 | 14 | Kneeling Slamballs | 20 | 20 | 20 |
| 8 | 8 | 10 | FINISHER: ALT Lateral Raise (ea) | <8 | 10-15 | 20+ |

HIIT Side

Focus: Back/Shoulders/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|-----------------------------------|-----|-------|-----|
| 30 | 40 | 50 | STARTER: BR XTR | - | - | - |
| 8 | 8 | 8 | ALT KB Gorilla Row (ea) | <15 | 20-30 | 35+ |
| 8 | 8 | 8 | ALT Russian Swing | <15 | 20-30 | 35+ |
| 8 | 8 | 8 | MYO Single Arm Floor Touch (ea) | - | - | - |
| 6 | 8 | 10 | FINISHER: SB Burpee Snatch | Lt | Lt | Hvy |

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: Calories on Bike (men + 10) | 10 | 10 | 10 |
| | FINISHER: Distance on Bike | .5 | .5 | .6 |
| | | | | |
| | | | | |

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:

Seated glute stretch
Arm Across Stretch
Piegon Pose
Cross body IT band stretch
Bear hug stretch/Palm press