



DATE: 4/30
FORMAT: Sandstorm

STRENGTH Side

Focus: Legs/Back

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--|-----|-------|-----|
| 6 | 7 | 8 | STARTER: Slamball Shoulder Squat w/ Slam | 20 | 20 | 20 |
| 6 | 8 | 10 | ALT Curtsy Lunge (ea) | <10 | 12-20 | 25+ |
| 8 | 10 | 12 | Straight Arm Pull Through | <10 | 12-25 | 20+ |
| 6 | 7 | 8 | Sprinters Lunge and Row (ea) | <10 | 12-20 | 25+ |
| 7 | 8 | 10 | FINISHER: ALT Row/Reverse Fly (ea) | <10 | 12-15 | 20+ |

HIIT Side

Focus: Legs/Back/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---------------------------------|----|----|-----|
| 6 | 7 | 8 | STARTER: ALT BR Surrenders (ea) | - | - | - |
| 4 | 5 | 5 | Stone Crushers | Lt | Lt | Hvy |
| 8 | 10 | 12 | MYO Parallel Row (Wide) | - | - | - |
| 7 | 7 | 7 | Single Leg SB Row (ea) | Lt | Lt | Hvy |
| 6 | 8 | 10 | FINISHER: SMS | - | - | - |

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: Distance | .4 | .5 | .5 |
| | FINISHER: Calories | 12 | 15 | 20 |

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:

Heel Press
Lying Down Figure 4
Pigeon Pose
Bear Hug Stretch
Up and Down Neck Flow/Side to Side Neck Flow