



DATE: 5/21
FORMAT: Sandstorm

STRENGTH Side

Focus: Back/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: 180 Burpee (total)			
10	12	12	ALT Kneeling Shoulder Press (ea)			
10	12	12	Bent Over Row/Upright Row			
10	12	12	Rear Delt Raise			
10	12	14	FINISHER: Rainbow Slams (total)			

HIIT Side

Focus: Back/Shoulders/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
25	35	45	STARTER: BR w/ Out to In Hop			
6	7	8	1:1MYO High Row/MYO Low Row			
6	7	8	1:1 DBL KB Clean/DBL KB Press			
12	15	15	SB Row			
20	25	30	FINISHER: Floor Tap Jack			

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 (men + 7)	15	15	15
	FINISHER: Distance	.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:

Hand on Head Twist
side lying knee bend
Hand Behind Back
Sprinter Stretch
Sprinter's Rotational Stretch