



DATE: 6/10
FORMAT: Sandstorm

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	11	12	STARTER: Statue of Liberty (ea)	<12	15-25	30+
15	15	15	Goblet Squat on BOSU	<15	20-30	35+
10	11	12	Split Squat on BOSU (ea)	<12	15-25	30+
10	10	10	Straight Leg Sit-Up/V-Up	-	-	-
6	7	8	FINISHER: DB Swing Lunge Complex	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	22	24	STARTER: Wallball Jump N' Press	<12	16	20
20	25	30	BR Russian Twists (ea)	-	-	-
8	10	10	Double KB Snatch	<15	20-25	30+
12	15	20	Seated Bicycle Crunches (ea)	-	-	-
8	10	12	FINISHER: Slammer Jammer	20	20	20

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: Calories on Bike (men + 5)	15	20	25
	FINISHER: Distance on Bike	.4	.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:

1.5 Sit-Up
ALT Leg Raise (ea)
ALT Single Arm/V-Up (ea)
Butterfly Sit-Up
Candlesticks