



DATE: 11-22-23
 FORMAT: Doomsday

STRENGTH Side

Focus: Glute/Hamstring Super Set

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Bulgarian Split Squat on Box	<10	12-20	25+
10	10	10	Bulgarian RDL	<10	12-20	25+
15	15	15	DB Hip Thrust on Box	<10	12-20	25+
15	15	15	Wall Ball Hamstring Curl	-	-	-
8	8	8	Weighted Sprinters Lunge	<10	12-20	25+
10	10	10	Single Leg Hip Bridge on Box	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Kneeling KB OTH Extension	<15	20-30	35+
10	10	10	SB Clean	Lt	Lt	hvy
10	12	15	MYO Chest Press	-	-	-
8	8	8	SB Shoulder Squat	Lt	Lt	hvy
3	4	5	10:10 ALT Hammer BR/Hammer BR	-	-	-

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			
	Slamball Relay- 2 members, 1 st member gets 10 slamballs, 2 nd member then does 10 slamballs. Repeat until both members have gotten 30 each. Bikers are racing to 0.4. (take note of time taken to complete)			
	TC			
1:00	CEC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous total			
	TC			
	Slamball Relay- repeat previous relay, choosing 2 different members for slamballs. Attempt to beat previous time.			
	TC			
1:00	CDC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous distance			
	TC			

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
- Lying Leg Raise
- Palm Press
- Cat/Cow
- Hand to Head Twist