



DATE: 3-21-24
 FORMAT: Doomsday

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise: **HEAVY**	L1	L2	L3
10	12	12	SLDL	<10	12-25	30+
8	8	8	OTH Surrenders	<10	12-15	20+
10	10	10	Racked Sumo Squat	<15	20-30	35+
8	12	12	ALT Front Lunge	BW	10-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	Wallball SUSU on TC	8	12-16	20
8	10	10	KB Bottoms Up Goblet Squat on TC	15	20-30	35+
10	12	12	SB Clean	Lt	Lt	Hvy
8	10	10	KB Bulgarian Split Squat (ft on Box)	15	20-30	35+

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:
Side Lying Knee Bend
Lying Spinal Twist
Sprinters Rotational Stretch
Lying Down Figure 4
Butterfly Stretch