



DATE: 4-17-24  
 FORMAT: Doomsday

**STRENGTH Side**

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	DB Row on TC	<12	15-25	30+
8	10	10	Chest Fly on TC	<10	12-20	25+
8	10	10	DB Pullover/Crunch on TC	<12	15-25	30+
10	10	10	Dragon Flies	<10	12-20	25+
8	8	8	Renegade Row	<12	15-25	30+
12	12	12	Larsen Press	<12	15-25	30+

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	Box Dips	-	-	-
50	80	100	Jump Rope	-	-	-
3	4	4	3:3 MYO Push Ups/MYO Knee Tucks	-	-	-
12	10	12	SB Bent Over Row	Lt	Hvy	Hvy
6	6	8	KB Bottoms Up Press	<15	20	20+

**Bike Protocol:**

<b>Bike Abbreviations</b>
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			
0:30	CCC, RR			
1:00	CCC (double first), RR			
1:00	CCC, try to beat previous			
	TC			
0:20	High MPH hold, complete 3x w RR btwn each			
	TC			
0:30	CDC, RR			
1:00	CDC (double first), RR			
1:00	CDC, try to beat previous			
	TC			
0:20	High Watts Hold, complete 3x w RR btwn each			
	TC			
0:30	CEC, RR			
1:00	CEC (double first), RR			
1:00	CEC, try to beat previous			
	TC			

<b>Format &amp; Rotation Options</b>
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

<b>Recovery Protocol:</b>
Lying Arm Reach
DownDog/Cobra
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pronated Press and Rotate