



DATE: 5-13-24

FORMAT: Doomsday

STRENGTH Side

Focus: Chest/Triceps

L1	L2	L3	Exercise:	L1	L2	L3
			Complete each Circuit 2x before moving on			
			1st Circuit:			
10	12	12	Chest Press on TC	<12	15-25	30+
10	12	12	Chest Fly on TC	<10	12-20	25+
10	12	12	Decline Chest Fly on TC	<10	12-20	25+
			2nd Circuit:			
10	12	12	Single Arm Kickback on TC	<8	10-15	20+
10	12	12	Skull Crushers on TC	<8	10-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	6	7	KB Clean	<15	20	20+
6	8	10	KB Handle Press/Back Lunge Combo	<15	20	20+
8	8	8	Pull Ups	Supinated MYO Row	Asst	Rig
10	10	10	Heismans (total)	-	-	-
8	10	12	MYO Y Raises	-	-	-

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			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 st to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 st to complete wins.			
	RR			
	TC			
	LMAO			

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:

Pronated Press and Rotate
Arm Across Stretch
Hand Behind Back
Standing Triceps Extend and Reach
Bear Hug Stretch