



DATE: 7-17-24

FORMAT: Doomsday

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	TC Power Clean & Press	-	-	-
10	12	15	Tricep DB Press on TC	<10	12-20	25+
10	12	15	Straight Arm Sit Ups on TC	BW	<10	12+
10	12	15	ALT Bent Over Row	<10	12-20	25+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Burpees	-	-	-
8	10	12	MYO Muscle Ups	-	-	-
8	10	12	American KB Swings	<15	20-30	35+
8	10	12	MYO Mtn. Climbers	-	-	-

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:				
AFAP	Distance Challenge (2 min max)	.3	.4	.5
AFAP	Energy Challenge (1 min max)	5	8	10
	TC			
AFAP	Energy Challenge (2 min max)	8	12	20
AFAP	Distance Challenge (1 min max)	.1	.2	.3
	TC			
2:00	1:00 S SP/1:00 OOS SP (complete 2x total)			
	TC			
1:00	CDC			
	TC			
1:00	CDC (beat previous)			
	PELO- Odds vs Evens: First to 0.5			
	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:

Pigeon Pose

Seated Glute Stretch

Palm Press

Cat/Cow

Hand on Head Twist