



DATE: 8-19-24

FORMAT: Doomsday **** Pedal for a Purpose Day 1 ****

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	Upright Row	<10	12-20	25+
5	5	5	Single Arm Deadlift *heavy	<20	25-30	35+
8	8	8	ALT Bent Over Row	<12	15-25	30+
8	8	8	Kneeling Haybaler	<12	15-25	30+
15	20	30	Leg Raises	-	-	-

HIIT Side

Focus: Back/Cardio

L1	L2	L3	Exercise:	L1	L2	L3
20	15	10	Chin Ups	MYO bicep curls	Asst	Rig
10	12	15	Crossbody Mtn. Climbers	-	-	-
6	8	10	DBL KB Russian Swings	<15	20	25+
8	8	8	ALT KB Gorilla Rows	<15	20-30	35+
10	12	15	Straight Leg Sit-Ups (ft on box)	-	-	-

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			
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			

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:
Standing Figure 4 and Bend
Hand Behind Back
Arm Across Stretch
Sprinter/Hamstring Flow
Pigeon Pose