



DATE: 9-17-24
FORMAT: Eclipse

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	Starter: 5:5 Deadlift/Shrug	<10	12-20	25+
6	8	10	High Plank Toe Touches	-	-	-
8	10	12	ALT Bent Over Row	-	-	-
10	12	15	Weighted Sit Ups	BW	<10	12+
10	12	15	Straight Arm Pull Throughs	<10	12-20	25+

HIIT Side

Focus: Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	Starter: Single Arm KB Russian Swing	<15	20-30	35+
15	12	10	Pull Ups	MYO High Row	Asst	Rig
6	8	10	SB Lateral Drag	Lt	Lt	Hvy
8	10	12	KB Yo-Yos	<15	20-25	30+
8	10	12	SB Cleans	LT	LT	HVY

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
	Starter: Standing Distance	.2	.3	.4
Bike Ride: First 10 Mins				
	Distance Challenge- RPM’s 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM’s 65 or less	12	20	25
	TC			
Bike Ride: Second 10 Mins				
	Distance Challenge- RPM’s 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM’s 70 or more	12	20	25
	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:

Standing Figure 4 and Bend
Arm Across Stretch
Standing Hamstring with Toe Up
Side to Side Neck Flow/Up and Down Neck Flow
Side Lying Knee Bend