



DATE: 10-26-24

FORMAT: Eclipse

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	Starter: ALT Lateral Lunge/ Triple High Knee (ea)	-	-	-
5	6	7	OTH Surrenders	BW	<10	12+
10	10	10	Center Hold Squat	<15	20-35	40+
8	8	8	SSLDL	<8	10-15	20+
5	8	10	Weighted Sprinter's Lunge	<8	10-15	20+

HIIT Side

Focus: Lower Body & HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	20	Starter: KB Walking Hooper	BW	<20	25+
6	8	10	Single Leg Stand Up	-	-	-
8	10	12	Slam Ball Cradle Squat	15	20-30	30+
30	40	50	BR XTR	-	-	-
12	10	8	American KB Swings	<15	20-35	40+

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: Seated Energy	2	4	8
Bike Ride: First 10 Mins				
1:00	Distance Challenge- seated, add 1 gear every 10 seconds			
	TC			
1:00	Distance Challenge- standing, start heavy and reduce 1 gear every 10 seconds			
	TC			
Bike Ride: Second 10 Mins				
1:00	Energy Challenge- seated, RPMs 90+ for the entire time			
	TC			
1:00	Energy Challenge- standing, RPMs 65+ the entire time			
	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:

Lying Arm Reach
Palm Press/DownDog
Up and Down Neck Flow/Side to Side Neck Flow
Cat/Cow
Pigeon Pose