



DATE: 10-3-24

FORMAT: Eclipse

### STRENGTH Side

Focus: Chest (Push)

L1	L2	L3	Exercise:	L1	L2	L3
-	-	-	<b>Starter:</b> Push Ups (to failure)	-	-	-
6	8	8	Single Arm Incline Chest Press on BOSU	<8	10-20	25+
6	8	8	ALT Arnold Press	<8	10-20	25+
8	8	8	Chest Press on BOSU *heavy*	<15	20-35	45+
6	8	8	Warrior Press on BOSU	<8	10-20	25+

### HIIT Side

Focus: Chest/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	<b>Starter:</b> 1:1 DBL KB Clean/DBL KB Press	<15	20	20+
8	10	12	Kneeling Wallballs	8	12-16	20
10	12	10	Burpees	-	-	DBL pump
6	8	10	SB Snatch	Lt	Hvy	Hvy
10	12	15	MYO Roll Outs			

### Bike Protocol:

<b>Bike Abbreviations</b>
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
	<b>Starter:</b> Standing Distance	.2	.3	.4
Bike Ride: First 10 Mins				
	Distance Challenge- seated	.4	.5	.6
	TC			
	Energy Challenge- seated	12	20	25
	TC			
Bike Ride: Second 10 Mins				
	Distance Challenge- standing	.4	.5	.6
	TC			
	Energy Challenge- standing	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:

Sprinter/Hamstring Flow
Side to Side Neck Flow/Up and Down Neck Flow
Heel Press
Arm Across Stretch
Shoulder Extension