



DATE: 12/17
FORMAT: Eclipse

STRENGTH Side

Focus: Arms

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|------------------------------------|-----|-------|-----|
| 12 | 12 | 12 | Starter: Gorilla Clean (ea) | <10 | 12-15 | 20+ |
| 10 | 10 | 10 | Front Loaded Hammer Curls | <10 | 12-20 | 25+ |
| 8 | 8 | 8 | Side Lying Triceps Push-Up (ea) | - | - | - |
| 15 | 15 | 15 | Spider Curl | <10 | 12-15 | 20+ |
| 15 | 15 | 15 | Box Dips | - | - | - |

HIIT Side

Focus: Arms/HiIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---------------------------|-----|-------|-----|
| 15 | 20 | 25 | Starter: DBLU | - | - | - |
| 8 | 10 | 12 | Wrecking Balls | 20+ | 20+ | 20+ |
| 10 | 10 | 10 | MYO Single Arm Curl (ea) | - | - | - |
| 15 | 25 | 35 | BR Jacks | - | - | - |
| 10 | 10 | 10 | Kneeling KB OTH Extension | <15 | 20-25 | 30+ |

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: Energy Pts (Men +5) | 8 | 12 | 15 |
| 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:

| |
|--|
| Lying Down Internal Twist and Reach |
| Standing Triceps Extend and Reach |
| Palm Press |
| Lying Down Figure 4 |
| Lying Down Hamstring Pull |