



DATE: 12/13  
FORMAT: Doomsday

### STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Goblet Split Squat (ea)	<15	20-30	35+
20	20	20	Racked Squat on BOSU	<10	12-20	25+
15	15	15	Single Leg Hip Bridge (ea)	-	-	-
7	7	7	Lunge/Step Up on BOSU (ea)	<8	10-20	25+

### HIIT Side

Focus: Legs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	DBL KB Racked Squat	<15	20-35	40+
5	5	5	MYO Pistol to Lunge (ea)	-	-	-
7	7	7	Bulgarian RDL (ea)	<15	20-35	40+
15	15	15	Wallballs	<12	16	20

### 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
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:

<b>Heel Press</b>
<b>side lying knee bend</b>
<b>Sprinters Rotational Stretch</b>
<b>Seated glute stretch</b>
<b>Lying Leg Raise</b>