



DATE: 12/2
FORMAT: Eclipse

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Starter: Squat/upright row	<12	15-25	30+
7	7	7	Push up 2 Snatch (ea)	<12	15-25	30+
7	7	7	Static lunge curl (ea)	<12	15-20	25+
7	7	7	ISO Shoulder Press (ea)	<12	15-25	30+
8	8	8	Yo yo hammer curl	<12	15-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	15	15	Starter: Cris crossing squat drop	-	-	-
8	8	8	ALT KB sidestep swing (ea)	<15	20-35	40+
7	7	7	Alt KB Clean press squat (ea)	<15	20-35	40+
10	12	14	Pike shoulder tap on box (ea)	-	-	-
8	10	12	KB high pull (ea)	<15	20-30	35+

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: Distance on Bike	.2	.3	.3
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:

Crossbody IT Band Stretch
Hand Behind Back
Butterfly Stretch
Arm Across Stretch
Cobra