



DATE: 1/29
FORMAT: Doomsday

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Bear Renegade Row	<12	15-25	30+
10	12	15	Reverse Fly	<10	12-15	20+
7	7	7	Sit-Up Punches	<8	10-12	15
7:7	10:10	12:12	Seated Bicycle Crunches/Russian Twist	-	-	-

HIIT Side

Focus: Back/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	8	9	180 Burpee (total)	-	-	-
7	7	7	Pull Ups	-	-	-
7:7	10:10	12:12	Fast Jacks, Air Jacks	-	-	-
10	12	15	MYO High Row	-	-	-

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
Bike Ride:				
	TC			
	Slamball Relay- 2 members, 1 st member gets 10 slamballs, 2 nd member then does 10 slamballs. Repeat until both members have gotten 30 each. Bikers are racing to 0.4. (take note of time taken to complete)			
	TC			
1:00	CEC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous total			
	TC			
	Slamball Relay- repeat previous relay, choosing 2 different members for slamballs. Attempt to beat previous time.			
	TC			
1:00	CDC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous distance			
	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:

Standing Hamstring with Toe Up
Cobra
Lying Leg Raise
Cat/Cow
Pigeon Pose