



DATE: 1/17
FORMAT: Eclipse

STRENGTH Side

Focus: Total Body Hypertrophy

L1	L2	L3	Exercise:	L1	L2	L3
4	5	6	Starter: Snatch (ea)	<12	15-25	30+
10	12	15	Speed Slams	<20	<20	<20
7	7	7	Reverse Fly Yo-Yo	<10	12-15	20+
7	7	7	DB Squat/Upright Row	<15	20-25	30+
10	10	10	Slamball Sumo Carriers	20	20	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	8	Starter: Burpee/Lateral Box Jumps	<12	16	20
10	12	15	KB OTH Press	<20	25-35	40+
15	15	15	MYO Knee Tuck	-	-	-
7	7	7	SB Snatch	Lt	Hvy	Hvy
10	15	20	Wallball	-	-	-

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	.4	.5	.6
Bike Ride: First 10 Mins				
1:00	Distance Challenge- seated, add 1 gear every 10 seconds			
	TC			
1:00	Distance Challenge- standing, start heavy and reduce 1 gear every 10 seconds			
	TC			
Bike Ride: Second 10 Mins				
1:00	Energy Challenge- seated, RPMs 90+ for the entire time			
	TC			
1:00	Energy Challenge- standing, RPMs 65+ the entire time			
	TC			
	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:

Side Reach

Crossbody IT Band Stretch

Pigeon Pose

Hand Behind Back

Lying Leg Raise