



DATE: 2/8

FORMAT: Eclipse

### STRENGTH Side

Focus: LOWER BODY POWER

L1	L2	L3	Exercise:	L1	L2	L3
6	6	7	<b>Starter:</b> Swing Squat Complex	<10	12-15	20+
7	7	7	Racked Squat	<20	25-35	40+
7	7	7	Step Up w/ DB	<15	20-30	35+
12	15	20	Single Leg Hip Thrust on Box	-	-	-
7	7	7	Bulgarian Split Squat on Box	<15	20-30	35+

### HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	<b>Starter:</b> BR In & Outs	-	-	-
5	25	50	DBLU	-	-	-
8	10	10	ALT SB Front Lunge (ea)	Lt	Lt	Hvy
10	15	20	Air Jacks	-	-	-
10	15	20	KB Russian Swing	<20	25-40	45+

### 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
	<b>Starter:</b> Distance	.3	.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:

<b>Crossbody IT Band Stretch</b>
<b>Heel Press</b>
<b>Lying Down Hamstring Pull</b>
<b>Seated glute stretch</b>
<b>Standing Quad Stretch</b>