



DATE: 3/19
FORMAT: Doomsday

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	10	Snatch (ea)	<15	20-30	35+
8	10	10	ALT Weighted Lateral Hops on BOSU (ea)	<10	12-20	25+
6	7	8	DB Row /In & Out	<10	12-20	25+
8	10	10	Straight Arm Sit-Up/Press (on BOSU)	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	20	30	Single Leg Jump Rope (ea)	-	-	-
7	7	7	KB Lateral Lunge Floor Touch/High Row (ea)	<15	20-25	30+
10	12	12	Kneeling Wallball	8	12	16
10	10	10	Lateral Walking Slams (total)	20	20	20

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			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 st to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 st to complete wins.			
	RR			
	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:

Lying Down Figure 4
Arm Across Stretch
Crossbody IT Band Stretch
Cobra
Pigeon Pose