



DATE: 4/10
FORMAT: Doomsday

STRENGTH Side

Focus: Back/Shoulder

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Info Jack	-	-	-
8	8	8	Supinated DB Row/Bicep Curl	<10	12-20	25
4	4	4	Manmakers	<10	12-20	25+
8	8	8	DB Samson Press	<10	12-20	25+

HIIT Side

Focus: Back/Shoulder/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
15	25	35	BR In & Outs	-	-	-
8	10	12	Pike Push-Up on Box	-	-	-
8	8	8	SB Clean	Lt	Lt	Hvy
8	10	12	MYO Parallel Row (Wide)	-	-	-

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:				
AFAP	Distance Challenge (2 min max)	.3	.4	.5
AFAP	Energy Challenge (1 min max)	5	8	10
	TC			
AFAP	Energy Challenge (2 min max)	8	12	20
AFAP	Distance Challenge (1 min max)	.1	.2	.3
	TC			
2:00	1:00 S SP/1:00 OOS SP (complete 2x total)			
	TC			
1:00	CDC			
	TC			
1:00	CDC (beat previous)			
	PELO- Odds vs Evens: First to 0.5			
	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:

Standing figure 4 and bend
Standing hamstring with toe up
Heel press
Standing Quad stretch
Lying Leg raise