



DATE: 4/28

FORMAT: Eclipse **Level Up**

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Starter: ALT Jump Lunge/Shoulder Press (ea)	<12	15-20	25+
6	8	10	DB Clean/Racked Squat	<15	20-30	35+
6	8	10	Side Plank Press & Roll (ea)	<8	10-12	15+
6	8	10	BOSU Burpee	-	-	-
6	8	10	Swing Snatch	<15	20-30	35+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	Starter: BR In & Outs	-	-	-
8	10	12	American KB Swing	<20	25-35	40+
4	5	6	KB Farmers Walk (DAB)	<20	25-35	40+
8	10	12	Wallball	<12	16	20
2	3	4	DAB SB Drag	Lt	Lt	hvy

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: Calories on Bike (Men +5)	10	12	15
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:

Crossbody IT Band Stretch
Hand Behind Back
Butterfly Stretch
Arm Across Stretch
Cobra