



DATE: 5/19
FORMAT: Eclipse

STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--------------------------------|-----|-------|-----|
| 6 | 7 | 7 | Starter: Man Makers | <12 | 15-20 | 25+ |
| 8 | 10 | 12 | Crab Toe Touches (ea) | - | - | - |
| 8 | 10 | 12 | DB Row /In & Out | <12 | 15-20 | 25+ |
| 5 | 5 | 5 | Split Squat w/ Curl (ea) | <10 | 12-15 | 20+ |
| 6 | 8 | 10 | Double DB Snatch w/ Squat Jump | <10 | 12-15 | 20+ |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|------------------------------------|-----|-------|-----|
| 20 | 30 | 40 | Starter: ALT Jump Rope (ea) | - | - | - |
| 15 | 20 | 20 | American KB Swing | <20 | 25-35 | 40+ |
| 5 | 6 | 6 | KB Lateral Lunge/Upright Row (ea) | <20 | 25-35 | 40+ |
| 15 | 20 | 20 | Wallball | <12 | 16 | 20 |
| 5 | 6 | 7 | SB Drag (ea) | 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: Distance on Bike | .5 | .5 | .5 |
| Bike Ride: First 10 Mins | | | | |
| | Distance Challenge- seated | .4 | .5 | .6 |
| | TC | | | |
| | Energy Challenge- seated | 12 | 20 | 25 |
| | TC | | | |
| Bike Ride: Second 10 Mins | | | | |
| | Distance Challenge- standing | .4 | .5 | .6 |
| | TC | | | |
| | Energy Challenge- standing | 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:

| |
|----------------------------------|
| Butterfly Stretch |
| Arm Across Stretch |
| Crossbody IT Band Stretch |
| Bear Hug Stretch |
| Standing Quad Stretch |