



DATE: 7/19
 FORMAT: Doomsday

STRENGTH Side

Focus: ARMS/ABS

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Concentration Curl on Box (ea)	<10	12-15	20+
10	12	15	Box Dips	-	-	-
7	7	7	ALT ISO Curl (ea)	<10	12-15	20+
10	10	10	Single Arm OTH Extension (ea) **seated on box**	<10	12-15	20+
10	12	15	Straight Leg Sit-Up (ft on Box)	-	-	-

HIIT Side

Focus: ARMS/ABS/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	2	KB Kneeling Curl	<20	25-30	35+
20	30	40	Kneeling BR In & Out	-	-	-
4	6	8	MYO Dips	-	-	-
10	12	15	MYO Roll Outs *High*	-	-	-
6	8	8	Heismans (ea)	-	-	-

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			
0:30	CCC, RR			
1:00	CCC (double first), RR			
1:00	CCC, try to beat previous			
	TC			
0:20	High MPH hold, complete 3x w RR btwn each			
	TC			
0:30	CDC, RR			
1:00	CDC (double first), RR			
1:00	CDC, try to beat previous			
	TC			
0:20	High Watts Hold, complete 3x w RR btwn each			
	TC			
0:30	CEC, RR			
1:00	CEC (double first), RR			
1:00	CEC, try to beat previous			
	TC			

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:

V-Ups
Russian Twist
Crunch
Knee Up Crunches
Full Sit-Ups