



DATE: 7/2

FORMAT: Doomsday

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
7	7	7	Bear Renegade Row	<12	15-25	30+
10	12	15	Reverse Fly	<10	12-15	20+
7	7	7	Sit-Up Punches	<8	10-12	15
7:7	10:10	12:12	Seated Bicycle Crunches/Russian Twist	-	-	-

HIIT Side

Focus: Back/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
7	8	9	180 Burpee (total)	-	-	-
7	7	7	Pull Ups	-	-	-
7:7	10:10	12:12	Fast Jacks, Air Jacks	-	-	-
10	12	15	MYO High Row	-	-	-

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			
	Slamball Relay- 2 members, 1 st member gets 10 slamballs, 2 nd member then does 10 slamballs. Repeat until both members have gotten 30 each. Bikers are racing to 0.4. (take note of time taken to complete)			
	TC			
1:00	CEC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous total			
	TC			
	Slamball Relay- repeat previous relay, choosing 2 different members for slamballs. Attempt to beat previous time.			
	TC			
1:00	CDC- 0:20 S, add 2 gears 0:20 OOS, take off 1 gear 0:20 S			
	RR			
1:00	Repeat CEC above, attempt to beat previous distance			
	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:

ALT Leg Raise (ea)

Crossbody Crunch

Crossbody Crunch

Full Sit-Ups

Hollow Body Hold