



DATE: 6/16
FORMAT: Doomsday

STRENGTH Side

Focus: Lower Body Conditioning

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	OTH DB Back Lunge (ea)	<10	12-15	20+
10	12	15	Single Arm Deadlift (ea)	<20	25-35	40+
15	20	25	TC Heel Squat	-	-	-
15	20	25	TC Quad Burners	-	-	Weighted

HIIT Side

Focus: Lower Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	20	20	Slamball	20	20	20
15	15	15	ALT Jumping Lunge (ea)	-	-	-
10	15	20	Single Leg Jump Rope (ea)	-	-	-
10	12	15	ALT SB Front Lunge (ea)	Lt	Hvy	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
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Time	Type	L1	L2	L3
Bike Ride:				
	TC			
AFAP	Distance Challenge	.3	.5	.7
	RR			
	PELO Odds vs Evens w Slamball Game- 0.3 distance goal, pre-select a slamball person from each team. Once team reaches distance goal, hop off bike and complete 25 slamballs. 1 st to complete wins.			
	RR			
	TC			
AFAP	Energy Challenge	15	20	25
	TC			
	TEAM Odds vs Evens w B2B Squats Game- 15 energy points goal, pre-select a B2B person from each team. Once team reaches energy points goal, hop off bike and complete 50 B2B. 1 st to complete wins.			
	RR			
	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:

Knee Up Crunches
Leg Raises
Toe Press Ups
Plank Knee 2 Elbow
V-Ups