



DATE: 8/5

FORMAT: Eclipse

STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Starter: Plyo Lateral Lunge (ea)	-	-	-
8	8	8	Slamball Surrender (ea)	20	20	20
8	8	8	Goblet Split Squat (ea)	<12	15-25	30+
115	20	25	Pulse Squats	-	-	-
10	12	15	Reverse Crunch	-	-	-

HIIT Side

Focus: Legs/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
20	30	40	Starter: Jump Rope	-	-	-
7	7	7	Jumping Lunges w/ Wallball (ea)	8	12	16
8	8	8	Heismans	-	-	-
10	10	10	KB Double High Pull	<15	20-30	35+
10	10	10	Wallball Russian Slams (ea)	8	12	16

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	.3	.3	.3
Bike Ride: First 10 Mins				
	Distance Challenge- RPM's 65 or less	.4	.5	.6
	TC			
	Energy Challenge- RPM's 65 or less	12	20	25
	TC			
Bike Ride: Second 10 Mins				
	Distance Challenge- RPM's 70 or more	.4	.5	.6
	TC			
	Energy Challenge- RPM's 70 or more	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

Ab Protocol:

V-Ups
Russian Twist
Toe Touches
Reverse Crunch
1.5 Sit-Up