



DATE: 10-17-23

FORMAT: Riptide: **During the 18 minute circuits, go to 1 mile on console**

AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	<b>STARTER:</b> Weighted Sit Ups	<8	10-15	20+
5	5	5	<b>STARTER:</b> Deadlift	<20	25-35	40+
10	10	10	Weighted Yo-Yos	<12	15-25	30+
10	10	10	Squat Press	<12	15-25	30+
10	10	10	Single Arm Chest Press	<12	15-25	30+
10	10	10	Bent Over Row	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	<b>STARTER:</b> MYO Bicep Curls	-	-	-
5	5	5	<b>STARTER:</b> Hanging Knee Raises	-	Straight Legs	TTB
10	10	15	High Knees Holding Slamball	15	20	20
10	10	15	Slamballs	15	20	20
10	10	10	Kneeling Wallballs	8-12	16	16+ Top Target
10	10	10	SB Back Squat	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

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				
	<b>STARTER: Distance Goal 0.3 on bike console for ALL levels. For every 5 seconds over the target time, add 1 rep to all starter exercises.</b>			
	Target Time to reach 0.3	:50 seconds	:45 seconds	:40 seconds

Formats (All members start on bike first)		Format & Rotation Options
Black Hole	Supernova	Revolution- Members Split on the circuits first
Blizzard	Tornado	3C- Members Distribute Evenly on Bike, Strength, HIIT
Crazy 8's	Tropical Storm	TIC- Timed Interval Circuit
Doomsday	Thunderstorm	ORA- One Round Assault
Heatwave	Typhoon	Funnel- Decreasing a Rep each Round
Hurricane	Vortex	Reverse Funnel- Adding a Rep each Round
Monsoon	Whirlwind	AMRAP- As Many Rounds As Possible
Riptide	Wildfire	
Sandstorm		