



DATE: 11-3-2023

FORMAT: Riptide **During the 18-minute circuits, distance 0.8 on bike console**

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Candlesticks			
8	8	8	STARTER: Gorilla Clean	<10	12-15	20+
8	8	10	1:1 Push Up/Shoulder Taps	Knees	Toes	Toes
15	15	15	Swing Snatch	<12	15-25	30+
12	12	12	Weighted Sit Ups	<8	10-15	20+
10	10	10	Arnold Press	<12	15-30	L2 + kneeling

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: MYO Parallel Rows	-	-	-
8	8	8	STARTER: Box Dips	-	-	-
12	20	20	American KB Swings	<20	25-35	40+
50	50	50	BR XTR	-	-	-
8	8	8	KB Clean	<15	20-30	35+
8	8	8	Plyo Step Up	-	-	-

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:				
*** Keep Music Fast, Lively, & Fun! Fit Radio is a great option for this format! ***				
	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.			
	Target Time to reach 0.3	:50 seconds	:45 seconds	:40 seconds

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:

Lying Spinal Twist (L & R)
 Standing Hamstring with Toes Up (L & R)
 Standing Triceps Extend and Reach (L & R)
 Cat (repeat 2x)
 Hand Behind Back (L & R)