



DATE: 12-18-23

FORMAT: Riptide **During the 18 minute circuits, go to .8 miles on console**

STRENGTH Side

Focus: Lower Body (Power)

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: Weighted Squat Jumps	<10	15-20	25
8	10	12	STARTER: ALT Jumping Lunges	-	-	-
15	15	15	DB RDL	<15	20-35	40+
8	8	8	Goblet Split Squat	<15	20-35	40+
10	12	15	Box Jumps	16"	20-24"	20-24"
5	5	5	DB Snatch to Box Step	<10	15-20	25

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: Broad Jump	-	-	-
20	20	20	STARTER: Slamballs	15-20	15-20	15-20
5	5	5	Stone Squat and Throw	Lt	Lt	hvy
10	15	15	Wallballs	8-12	16	20
5	5	5	Half Kneeling Rotation to Single Arm Press	<15	20	25+
15	15	15	High Knees Holding Slamball	15-20	15-20	15-20

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 on Console	.5	.5	.5

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:

- Standing Figure 4 and Bend
- Bear Hug Stretch/Butterfly Stretch
- Sprinters Rotational Stretch
- Sprinter/Hamstring Flow
- Pigeon Pose