



DATE: 12-26-23

FORMAT: Riptide **During the 18 minute circuits, go to 0.8 mile on console**

STRENGTH Side

Focus: Triceps/Biceps

L1	L2	L3	Exercise:	L1	L2	L3
15	20	20	STARTER: 1.5 OTH DB Extensions	<10	12-20	25+
15	20	20	STARTER: 1.5 Curls	<10	12-15	20+
10	10	10	ALT Kickbacks	<10	12-15	20+
8	8	8	ALT Crossbody Hammer Curls	<12	15-20	25+
6	8	10	Cobra Push Ups	-	-	-
12	12	12	Bottom Half 45 Degree Curls	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: KB Clean	<15	20-30	35+
10	10	10	STARTER: KB High Pull	<15	20-30	35+
30	30	30	ALT BR on BOSU	-	-	-
10	10	10	ALT KB Russian Swing	<20	25-40	45+
10	12	15	MYO Chest Press	-	-	-
7	7	7	BOSU Lunge Twist	-	-	-

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:	.4	.5	.6

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 Down Internal Twist and Reach
Standing Triceps Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach