



DATE: 12-7-23

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

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	STARTER: Wide Push Ups	-	-	-
8	8	8	STARTER: ALT Row/Reverse Fly	<10	12-20	25+
10	10	10	DB Pullover/Crunch on TC	<15	20-35	40+
5	5	5	Dead Lift	<20	25-40	45+
10	10	10	ISO Chest Fly on TC	<10	12-20	25+
5	5	5	Chest Press on TC	<20	25-40	45+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: Chin Ups	MYO Curls	ASST.	RIG
30	40	40	STARTER: Jump Rope	-	-	DBLU
6	6	7	ALT SB Front Lunge	Lt	hvy	hvy
10	12	15	MYO Roll Ins	-	-	-
6	6	8	KB Snatch	<15	20-30	20-30
10	12	15	MYO B2G Row	-	-	-

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:

Seated Glute Stretch
 Lying Down Internal Twist and Reach
 Lying Arm Reach
 Cobra/Down Dog
 Hand on Head Twist