



DATE: 1-25-24

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

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Chest Fly on BOSU	<10	12-15	20+
8	8	8	STARTER: Reverse Fly	<10	12-15	20+
4	6	10	Power Push Ups	-	-	-
4	6	10	Renegade Rows	<10	12-20	25+
6	8	12	Incline Chest Press on BOSU	<10	12-20	25+
6	8	12	ALT Bent Over Row	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: American KB Swings	<15	20-25	30+
4	6	8	STARTER: Blast Off Push Ups	-	-	-
20	30	40	BR Slams	-	-	-
25	25	25	Little Man in the Woods	-	-	-
12	15	12	SB Hip Thrust on Box	Lt	Hvy	Hvy + single leg
8	10	12	SB Walking Lunges	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

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 Hamstrings Pull
 Standing Triceps Extend and Reach
 Arm Across Stretch
 Hand Behind Back
 Side Reach