



DATE: 1-5-24

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

**STRENGTH Side**

Focus: Lower Body/Abs

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	<b>STARTER:</b> Straight Leg Sit Ups	-	-	-
10	12	15	<b>STARTER:</b> Heel Squats	-	-	-
7	7	7	TC Double Squat Lateral Hop	-	-	-
7	7	7	B-Stance RDL	<15	20-30	35+
10	10	10	Jack Knives on TC	-	-	-
12	12	12	Heels Up Squat on TC	-	Weighted	Weighted

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	<b>STARTER:</b> Toe Touches w/Wallball	8-12	16	20
6	8	10	<b>STARTER:</b> Chin Ups	ASST	ASST	RIG
10	15	15	B2B Squat Jumps	-	-	-
30	30	30	Jump Rope	-	DBLU	DBLU
10	15	15	Wallballs	8-12	16	20
5	5	5	KB Statue of Liberty	<15	20-25	30+

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! ***				
	<b>STARTER: Distance on Console</b>	.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:
Standing Figure 4 and Bend
Side Lying Knee Bend
Sprinters Stretch
Side to Side Neck Flow/Up and Down Neck
Side Reach