



DATE: 2-21-24

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

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Weighted TC SUSU	<10	12-15	20+
8	8	8	STARTER: TC Hop Overs	-	-	-
10	10	8	Back Lunge Step-Up on TC	<15	20-25	30+
8	12	15	Single Leg Hip Bridge on TC	-	-	-
8	8	8	Goblet Squat on TC	<15	20-25	30+
10	10	10	TC Soccer Taps	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	STARTER: Box Jumps	-	-	-
6	8	10	STARTER: ALT KB Push Ups (TL)	Knees	-	-
4	6	6	KB Snatch (ea)	<15	20	25+
6	8	8	Jump/Jump Shuffle Back	-	-	Onto Box
8	10	12	MYO Hamstring Curls	-	-	-
4	6	8	Burpees	-	-	-

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:
Side Lying Knee Bend
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/Down Dog