



DATE: 2-6-24

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

STRENGTH Side

Focus: Total Body Power

L1	L2	L3	Exercise:	L1	L2	L3
12	10	8	STARTER: Lateral Raises	<10	12-15	20+
8	8	8	STARTER: PLYO Jump Lunge	-	More power	More power
4	8	8	Renegade Row + Push Up (total)	<10	12-15	20+
4	6	6	Snatch *heavy*	<15	20-30	35+
8	8	8	Statue of Liberty	-	12-15	20+
12	12	12	Dragon Flies	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	STARTER: 4:4 SB Bend Over Row/SB Front Squat	Lt	Lt	Hvy
8	8	8	STARTER: Broad Jump Burpee	-	More power	More Power
10	10	10	Chin Ups	Parallel row	Asst	Rig
8	8	8	Spiderman Yo-Yo	-	+ 1 p.u.	+ 2 p.u.
20	20	20	Fast Jacks	-	Fast	Faster
8	10	12	Lateral SB Squat Walks (total)	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: Distance Standing	.3	.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 Spinal Twist
 Standing Hamstring with Toe Up
 Standing Triceps Extend and Reach
 Cat/Cow
 Hand Behind Back