



DATE: 3-8-24

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

### STRENGTH Side

Focus: Glutes/Hams

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>STARTER:</b> Single Leg Hip Bridge on TC	-	-	-
5	5	5	<b>STARTER:</b> TC Lateral Lunge Pushoff	-	-	-
10	12	12	1.5 Sumo Squat	<20	25-30	35+
6	8	8	Back Lunge Step-Up on TC	<10	12-20	25+
8	8	8	Toes Up RDL	<10	12-20	25+
6	8	8	Surrenders (ea)	BW	<10	12-20

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>STARTER:</b> SB B2B Squat	Lt	Lt	Hvy
5	5	5	<b>STARTER:</b> Burpees	-	-	2 p.u.
20	25	30	BR V-Sit	-	-	-
6	8	8	KB Lateral Lunge/Upright Row	<15	20	25+
8	10	10	American KB Swings	<20	25-35	40+
8	10	10	MYO Hamstring Curls	-	-	-

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: Energy Seated</b>	5	10	15

#### 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

Sprinters Rotational Stretch

Lying Down Figure 4

Butterfly Stretch