



DATE: 4-18-24

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
15	15	15	<b>STARTER:</b> Leg Raises	-	-	-
8	8	8	<b>STARTER:</b> 1.5 Sumo Squat	<10	12-20	25+
10	12	12	Racked Squat on BOSU	<8	10-15	20+
8	8	8	B Stance RDL	<10	12-20	25+
6	8	8	DB Lunge High Knee on BOSU	BW	8-12	15+
12	15	20	Single Leg Hip Bridge on BOSU	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	<b>STARTER:</b> ALT Lateral Lunge/Triple High Knee (ea)	-	-	-
10	15	20	<b>STARTER:</b> Crossbody Mtn. Climbers (ea)	-	-	-
8	10	10	American KB Swings	<15	20-30	35+
25	50	75	BR XTR	-	-	-
4	4	6	KB Clean	<15	20	20+
8	10	10	PLYO Step Up	-	-	-

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</b>	.3	.5	.7

#### 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:

Seated Glute Stretch

Lying Down Figure 4

Lying Down Hamstring Pull

Crossbody IT Band Stretch

Butterfly Stretch