



DATE: 4-29-24

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: Split Squat	BW	<15	20+
8	8	8	STARTER: 1.5 DB RDL	<8	10-15	20+
8	10	10	Bulgarian Split Squat on Box	BW	<15	20+
8	8	8	Single Leg Stand Up	BW	Weighted	Weighted
10	10	10	Bulgarian RDL	<8	10-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	STARTER: MYO Y Raise	-	-	-
6	8	8	STARTER: Stone Crushers	LT	LT	HVY
8	8	8	SB Lateral Drag	Lt	Lt w/P.U.	Hvy w/P.U.
10	12	15	SB Clean	Lt	Lt	Hvy
10	10	15	Wallballs	8	12-16	20+

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: Energy	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:

Seated Glute Stretch
 Lying Down Figure 4
 Lying Down Hamstring Pull
 Sprinter Stretch
 Cobra/DownDog