



DATE: 4-5-24

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

STRENGTH Side

Focus: Arms/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Weighted Sit Ups	BW	10-12	15+
1	2	2	STARTER: 8:8 Kickbacks/Diamond Push Ups	<10	12-15	20+
1	1	1	21's	<10	12-15	20+
20	30	40	Bicycle Crunches (total)	-	-	-
15	20	25	Hammer Curls	<10	12-15	20+
15	20	25	Skull Crushers	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	STARTER: KB Lateral Lunge/Upright Row	<15	20	25+
8	8	8	STARTER: MYO Plank Walk/Push Up (total)	No P.U.	-	-
10	10	15	Rainbow Slams (ea)	15	20	20
20	30	40	Air Jacks	-	-	-
1	2	2	10:10 MYO Muscle Ups/Skull Crushers	-	-	-
3	4	4	5:10 SB Snatch/Jumping Jacks	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	.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 Reach

Heel Press

Butterfly Stretch

Cat/Cobra

Sprinters Rotational Stretch