



DATE: 5-22-24

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

**STRENGTH Side**

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	<b>STARTER:</b> 1.5 OTH Extensions	<8	8-15	15+
8	10	12	<b>STARTER:</b> 1.5 Curls	<8	8-15	15+
8	8	8	Lateral Split Stance Row	<10	12-15	20+
10	10	12	Rocky Press	<10	12-15	15+
10	10	10	Sit Up Punches	BW	<8	10+
8	8	10	Side Lying Push Up	-	-	-

**HIIT Side**

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>STARTER:</b> Broad Jumps	-	-	Atomic
8	8	8	<b>STARTER:</b> Slamballs	15	20	25+
8	10	12	Stone Squat and Throw	Lt	Lt	Hvy
12	15	20	Wallballs	8	12-16	20
10	10	10	High Knees Holding Slam Balls	15	20	25+
6	8	8	Alt Wallball Push Up	-	-	-

Bike Protocol:

<b>Bike Abbreviations</b>
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: Standing Distance</b>	.3	.4	.5

<b>Format &amp; Rotation Options</b>
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

<b>Recovery Protocol:</b>
Up and Down Neck Flow/Side to Side Neck Flow
Pigeon Pose
Side Reach
Sprinters Stretch
Cobra/Downdog