



DATE: 6-13-24

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
6	8	10	<b>STARTER:</b> Jump Squat/Lunge Combo (total)	-	-	-
6	8	10	<b>STARTER:</b> Crossbody Bicycle V-Up (ea)	-	-	-
1	2	2	5:5 Sprinters Lunge (ea)/B Stance RDL (ea)	<10	12-15	20+
15	20	20	Single Leg Hip Bridge on BOSU (ea)	-	-	-
8	10	12	Split Squat on BOSU (ea)	BW	<15	20+
6	8	10	ALT Surrenders	BW	<15	20+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	<b>STARTER:</b> 5:5 High Knees/Heel Kicks	-	-	-
4	6	6	<b>STARTER:</b> KB Haybalers	<15	20	20+
6	8	10	KB Bulgarian Split Squat on Box	BW	<20	25+
To Failure	To Failure	To Failure	Pull Ups	MYO Parallel Row	Asst	Rig
40	20	80	Jump Rope	Single	DBLU	ALT
6	8	12	Stone Crushers (total)	Lt	Hvy	LT

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</b>	5	8	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:

Heel Press  
 Lying Leg Raise  
 Sprinter/Hamstring Flow  
 Side Lying Knee Bend  
 Pigeon Pose