



DATE: 8-16-24

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	8	8	STARTER: OTH Extension	<10	12-20	25+
8	10	12	STARTER: Plyo Sprinter's Lunge (ea)	-	-	-
12	12	12	Incline Chest Fly on TC	<10	12-20	25+
12	12	12	DB Pullover/Crunch on TC	<10	12-20	25+
12	12	12	SuSu Jack on TC	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	STARTER: ALT KB Gorilla Rows	<15	20-25	30+
10	12	15	STARTER: MYO Muscle Ups	-	-	-
8	8	8	Slamball Zercher Step Ups	15	20-25	30+
1	2	3	10:10 ALT BR/Mtn. Climbers	-	-	-
12	15	20	MYO Skull Crushers	-	-	-

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: Standing Distance gear 20+	.2	.4	.5

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:

Lying Down Figure 4

Sprinter/Hamstring Flow

Side Lying Knee Bend

Seated Glute Stretch

Cat/Cow