



DATE: 9-13-24

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
4	6	6	STARTER: Bulgarian Split Squat on TC	BW	<15	20+
8	8	8	STARTER: Launchers	-	-	-
8	8	8	Weighted SuSu on TC	<10	12-15	20+
8	10	12	TC Quad Burners	BW	<10	15+
15	20	25	TC Single Leg Hip Bridge	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	16	STARTER: ALT Jumping Step Ups (total)	-	-	-
6	8	8	STARTER: Burpees	-	-	-
12	20	30	Skaters (total)	-	-	-
16	24	30	MYO High Knee Runners (total)	-	-	-
20	30	40	SB Walking Lunges (total)	Lt	Hvy	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	.6	.8

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:

Up and Down Neck Flow/Side to Side Neck Flow

Lying Down Figure 4

Sprinter's Stretch

Crossbody IT Band Stretch

Butterfly Stretch