



DATE: 10-17-24

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 Jack Knives	BW	<8	10+
8	8	8	STARTER: ALT Bicep Curls	<10	12-20	25+
10	12	12	Kickbacks	<8	10-12	15+
8	10	10	ALT Hammer Curl (ea)	<10	12-20	25+
10	10	10	OTH Extension	<10	12-20	25+
8	8	8	ALT Skull Crushers (ea)	<8	10-12	15+

HIIT Side

Focus: Abs/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: American KB Swings	<15	20-35	40+
10	12	15	STARTER: Bicycle Crunches (ea)	-	-	-
4	6	8	Broad Jump Burpee	-	-	-
10	12	12	Box Jumps	16"	20"	24"+
10	12	15	MYO Roll Ins	-	-	-

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: ALT .1 UP & DOWN	.2	.3	.4

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

Standing Triceps Extend and Reach

Standing Quad Stretch

Standing Hamstring with Toe Up

Heel Press