



DATE: 11-4-24

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
6	8	10	<b>STARTER:</b> Skaters (ea)	-	-	-
8	8	8	<b>STARTER:</b> Deadlifts	<20	25-35	40+
10	10	10	Chest Press/Crunch on TC	<15	20-30	35+
8	10	12	TC Power Clean & Press	-	-	-
6	8	10	TC Yo-Yo	-	-	-
6	8	10	Kneeling Y Raise	5	8-10	12+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	8	10	<b>STARTER:</b> Crab Toe Touches (e)	-	-	-
12	15	20	<b>STARTER:</b> Kneeling Slamballs	15	20-25	25+
12	12	15	Kneeling Wallballs	8-12	16-20	20
6	8	8	KB Snatch	<15	20	25+
8	10	12	Blast Off Pushups	-	-	-
10	12	15	SB Bear Hug Squat	Lt	Lt	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! ***				
	<b>STARTER: Standing Distance</b>	.3	.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:

Standing Triceps Extend and Reach

Lying Arm Reach

Hand Behind Back

Arm Across Stretch

Sprinter/Hamstring Flow