



DATE: 12/3

FORMAT: Riptide **During the 18-minute circuits, go to 0.8 mile on console**

### STRENGTH Side

Focus: Chest/Abs

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	<b>STARTER:</b> Larsen Press	<12	15-25	30+
15	15	15	<b>STARTER:</b> Amped butterfly sit up	-	-	-
10	10	10	ISO decline chest press on BOSU (ea)	<15	20-30	35+
12	12	12	BOSU knee to elbow (ea)	-	-	-
10	10	10	Toe touch on BOSU (ea)	-	-	-

### HIIT Side

Focus: Chest/Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>STARTER:</b> Slamball push ups (tota)	20	20	20
12	12	12	<b>STARTER:</b> KB hip dips (ea)	<15	20-30	35+
8	8	8	KB balance chest press (ea)	<15	20-30	35+
8	8	8	1:1 Yo-yo/ box jump	-	-	-
3	3	3	Stone Crushers	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: Energy on Bike</b>	10 (men +5)	15 (men +5)	20 (men + 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:

**Cobra**  
**Downward dog**  
**Lying Arm Reach**  
**Shoulder Extension**  
**Arm Across Stretch**