



DATE: 1/22

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

### STRENGTH Side

Focus: Back/Shoulders

L1	L2	L3	Exercise:	L1	L2	L3
12	12	12	<b>STARTER:</b> Deadlift/Shrug	<15	20-30	35+
12	12	12	<b>STARTER:</b> Arnold Press	<12	15-20	25+
8	10	12	DB Single Arm Row (ea)	<12	15-25	30+
8	10	12	Standing 45 Degree Y-Raise	<8	10-12	15+
8	10	12	Supinated Row	<12	15-25	30+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	<b>STARTER:</b> ALT KB Gorilla Row (ea)	<15	20-25	30+
12	15	15	<b>STARTER:</b> Jumping Wallball	<12	16	20
8	10	12	Pike Push-Up on Box	-	-	-
8	10	12	Skaters (ea)	-	-	-
8	10	12	SB Row	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! ***				
	<b>STARTER: Distance</b>	.8	.8	.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:

**Butterfly Stretch**  
**Sprinter's Rotational Stretch**  
**Pigeon Pose**  
**Arm Across Stretch**  
**Hand Behind Back**