



DATE: 1/3

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

STRENGTH Side

Focus: Back/Bis

L1	L2	L3	Exercise:	L1	L2	L3
4	5	5	STARTER: DB Rover	<10	12-20	25+
10	10	10	Supinated Row	<12	15-25	30+
12	12	12	DB Pullover on BOSU	<12	15-30	35+
8	8	8	ISO Hammer Curl (ea)	<10	12-15	20+
8	8	8	Standing Preacher Curls	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	STARTER: Rainbow Slams (total)	<20	20	20
10	10	10	STARTER: Heismans (total)	-	-	-
10	30	50	DBLU	-	-	-
8	8	8	Single Arm KB Row (ea)	<20	25-35	40+
10	10	10	KB Snatch (ea)	<15	20-30	35+
10	12	15	MYO Parallel Row (wide)	-	-	-

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 on Bike	.4	.5	.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:

Cat/Cow

Palm Press

Up and Down Neck Flow

Lying Down Figure 4

Pigeon Pose