



DATE: 2/5

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

STRENGTH Side

Focus: LOWER BODY ENDURANCE

L1	L2	L3	Exercise:	L1	L2	L3
5	5	5	STARTER: Burpee/ Back Lunge (ea)	BW	BW	BW
7	7	7	STARTER: Racked Sumo Squat	<15	20-30	35+
10	10	10	Goblet Squat	<20	25-35	40+
8	8	8	B-Stance RDL (ea)	<20	25-35	40+
5	5	5	OTH DB Surrender (ea)	<8	10-15	20+

HIIT Side

Focus: LEGS/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	STARTER: Atomic Frog	-	-	-
8	8	8	STARTER: Single Leg Box Stand Up (ea)	-	Holding WB	Holding SB
12	12	12	SB Bear Hug Squat	Lt	HVY	HVY
2	3	3	DAB Duck Walk	-	-	-
15	20	25	B2B Squats	-	-	-

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: Calories on Bike Men = 20, Women = 12			

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:

Pigeon Pose
Sprinter/Hamstring Flow
side lying knee bend
Sprinters Rotational Stretch
Standing Quad Stretch