



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	<b>STARTER:</b> Burpee/ Back Lunge (ea)	BW	BW	BW
7	7	7	<b>STARTER:</b> 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	<b>STARTER:</b> Atomic Frog	-	-	-
8	8	8	<b>STARTER:</b> 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! ***				
	<b>STARTER: Calories on Bike Men = 20, Women = 12</b>			

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:
<b>Pigeon Pose</b>
<b>Sprinter/Hamstring Flow</b>
<b>side lying knee bend</b>
<b>Sprinters Rotational Stretch</b>
<b>Standing Quad Stretch</b>