



DATE: 4/29

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
4	4	4	STARTER: Double Pump Burpee	-	-	-
8	8	8	STARTER: Single Arm Hallow Press (ea)	<15	20-25	30+
8	8	10	Chest Press/Crunch	<15	20-33	35+
10	12	15	Bicycle Crunch (ea)	-	-	-
6	8	10	1:1 Chest Fly/DB Wipers (ea)	<10	12-20	25+
5	5	7	Atomic Slams (ea)	20	20	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	15	20	STARTER: MYO Mtn. Climbers (ea)	-	-	-
10	15	20	STARTER: Buzz Saw Plank	-	-	-
4	5	6	Burpee Box Jump	-	-	-
10	12	15	MYO Roll Ins (Knees on BOSU)	-	-	-
10	10	12	Wide Push-Up	Knees on BOSU	Toes on BOSU	Toes on BOSU
4	6	8	OTS Stone Toss (total)	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! ***				
	STARTER: Distance on bike	.5	.7	.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:

Cobra
Downdog
Lying Arm Reach
Shoulder Extension
Arm Across Stretch