



DATE: 12/12/2022
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Back/Abs

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	BOSU Lat Pull	-	-	-
8	10	12	Knee to Elbow on BOSU	-	8-12	15+
8	10	12	Bear Renegade Row	<10	12-20	25+
8	10	12	ALT V-Up on BOSU	-	-	-
15	20	25	FINISHER: Burpees			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Chin Ups	MYO High Row	Assisted	Rig
8	15	15	Mtn. Climbers	-	-	-
6	8	8	KB High Pulls	<15	20-35	40+
6	8	8	KB SCP	<15	20-35	40+
20	40	60	FINISHER: B2B squat			

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

(20-30 seconds of light work)

Time	Type	L1	L2	L3
Bike Ride: 1 st 7 mins				
	TC			
2:00	Distance Progressive Climb- add 1 gear every 0.1	Gear 12	Gear 14	Gear 16
Bike Ride: 2 nd 7 mins				
	TC			
2:30	Distance Rolling Hills- 0:30, add 2 gears. 0:30 remove 1 gear. Continue pattern for 2:30.	Gear 12	Gear 14	Gear 16
Bike Ride: Finisher				
	Distance- use bike console	.6	.8	1.0

Formats (All members start on bike first)		Format & Rotation Options
Blizzard	Tornado	Revolution- Members Split on the circuits first
Crazy 8's	Tropical Storm	3C- Members Distribute Evenly on Bike, Strength, HIIT
Doomsday	Thunderstorm	TIC- Timed Interval Circuit
Earthquake	Typhoon	ORA- One Round Assault
Flash Flood	Vortex	Funnel- Decreasing a Rep each Round
Heatwave	Whirlwind	Reverse Funnel- Adding a Rep each Round
Hurricane	Wildfire	
Monsoon		
Supernova		