



DATE: 12/30/2022

FORMAT: Wildfire ****Bike Distance Benchmark****

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	Single Arm Chest Press on TC	<10	12-30	35+
15	15	15	Incline Chest Fly on TC	<10	12-30	35+
8	8	8	Single Arm Chest Scoops	<10	12-30	35+
10	10	10	Weighted Sit Ups on TC	<10	12-30	35+
5	5	5	TC ALT Jump Lunge/Hopover	-	-	-
20	30	40	FINISHER: Push Up	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	5:5 MYO I Raise/MYO Y Raise	-	-	-
10	10	10	ALT KB Gorilla Row	<15	20-30	35+
10	10	12	Jumping Lunges w Wallball	-	8-16	16-20
20	20	20	Slamballs *High Reps*	15	15-20	15-30
2	3	3	5:5 MYO Chest Press/Push Ups	-	-	-
20	30	40	FINISHER: Squat Drops	-	-	-

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				
3:00	Distance Benchmark			
	RR			
	TC			
Bike Ride: 2 nd 7 mins				
1:00	Class Energy Points OOS 0:20/0:10 RR, repeat 2x			
	RR			
1:00	Class Energy Points S 0:20/0:10 RR, repeat 2x			
	TC			
Bike Ride: Finisher				
	Distance on Console	.4	.5	.6

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		