



DATE: 1-13-2023  
 FORMAT: Wildfire  
 AFTER CLASS STRETCHES: Trainer's Choice

### STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7 Mins			
1	1	1	21's	<10	12-20	25+
8	8	8	Woodchopper	<10	12-20	25+
8	8	8	Reverse Close Grip Press	<10	12-20	25+
			2 <sup>nd</sup> 7 Mins			
8	8	8	Front Loaded Hammer Curls	<10	12-20	25+
8	8	8	Seated Shoulder Press	<10	12-20	25+
2	2	2	5:5 Kickbacks/Straight Arm Pull Throughs	<10	12-15	20+
15	20	25	<b>FINISHER:</b> Squat Press	<10	12-20	25+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	2	2	5:5 SB Bent Over Row/SB High Row	Light	Light	Heavy
4	5	6	2:2 SMS/Tricep Push Ups	-	-	-
3	3	3	SB Complex	Light	Light	Light
8	8	8	MYO Blast Off Squat	-	-	-
15	20	25	<b>FINISHER:</b> Wall Balls	8	12-16	20

### 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 <sup>st</sup> 7 mins				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2 <sup>nd</sup> 7 mins				
	TC			
0:30	High Watts Hold, RR, repeat 3x			
	TC			
Bike Ride: Finisher				
	Distance on Bike	.6	.6	.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		