



DATE: 1-26-2023
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins: ***heavy***			
6	6	6	DB Rover	<15	20-30	35+
6	6	6	Sumo Deadlifts	<15	20-40	45+
6	6	6	Snatch	<15	20-40	45+
			2 nd 7 Mins: ***high reps ***			
15	20	20	Butterfly Sit Ups	-	-	-
15	20	20	Pulse Squats	-	-	-
2	3	4	4:4 Shoulder Taps/In & Outs	-	-	-
20	25	30	FINISHER: Slam Balls	15	15-20	20-30

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
6	8	10	Broad Jump/Box Jump *Shuffle Back*	16"	20"	24"
10	15	15	MYO Roll In	-	Straight Arms	Straight Arms
4	5	6	ALT KB Side Step Swing	<20	25-40	45+
			2 nd 7 Mins:			
10	15	15	Push-Ups	Knees	Toes	Plyo
8	8	8	Skaters	-	-	-
10	15	15	MYO Mtn Climbers	-	-	-
20	25	30	FINISHER: American Swings	<20	25-40	45+

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				
AFAP	Distance	0.3	0.5	0.8
	TC			
Bike Ride: 2 nd 7 mins				
AFAP	Energy Points	10	20	25
	TC			
Bike Ride: Finisher				
	Energy on Bike	8	15	25

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		