



DATE: 2-18-2023
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
6	6	6	Push Press	<15	20-30	35+
6	6	6	Sprinters Lunge and Row	<15	20-30	35+
15	20	20	Butterfly Sit Ups	-	-	-
			2 nd 7 Mins:			
7	7	7	Atomic Slams	15	15	20
10	10	10	Kickbacks	<10	12-15	20
20	20	20	High Knees	-	-	-
10	15	20	FINISHER: OTH Surrenders	<10	12-15	20+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
40	60	80	BOSU BR	Bubble	Flat	Flat
4	5	6	ALT Push Ups on BOSU	-	-	-
15	20	20	BOSU Mtn. Climbers	-	-	-
			2 nd 7 Mins:			
30	40	50	ALT BR	-	-	-
6	8	10	SB Back Lunge	LIGHT	LIGHT	HEAVY
10	10	10	Kneeling Wall Balls *Bottom Target	8	8-12	12-16 Top target
25	30	35	FINISHER: Lateral Bosu Hops			

Bike Protocol:

<p>Bike Abbreviations</p> <p>OOS – Out Of Saddle</p> <p>S – Seated</p> <p>SP – Sprint</p> <p>C – Climb</p> <p>TC –Trainer's Choice (Sprint, Climb, Tier etc..)</p> <p>*No CHALLENGES on TC*</p> <p>LMAO – Last Minute All Out</p> <p>CEC- Class Energy Challenge</p> <p>CDC- Class Distance Challenge</p> <p>CCC- Class Calorie Challenge</p> <p>AFAP- As Far/Fast as Possible</p> <p>EMOM- Every Minute on the Minute</p> <p>EHM- Every Half Minute</p> <p>RR= Recovery Ride (20-30 seconds of light work)</p>

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				
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
	TC			
Bike Ride: Finisher				
	ENERGY POINTS	15	20	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		