



DATE: 4-1-2023
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
15	20	25	Pop Squat Press	<10	12-20	25+
7	7	7	Sumo Goblet Squat *Heavy*	<15	20-40	45+
15	20	25	SSDL	<12	15-20	25+
			2nd 7 Mins:			
7	7	7	ALT Front Lunge/Lateral Raise	<8	10-12	15+
7	7	7	Center Hold Squat *Heavy*	<15	20-40	45+
15	20	25	Hand Knee Crossovers	-	-	-
20	25	30	FINISHER: Shoulder Press	<15	20-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	KB Racked Squat	<15	20-35	40+
8	8	8	ALT KB Russian Swing	<15	20-35	40+
8	10	12	Box Jumps	16"	20"	24"
7	7	7	ALT KB Jumping Lunges	<15	20-25	30+
10	20	20	Wallballs	8	12-16	20
20	25	30	FINISHER: American Swings	<15	20-35	40+

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				
	Distance (console)	.4	.6	.8

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