



DATE: 5-20-23
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
15	15	15	Jack Press	<10	12-15	20+
15	15	15	ALT Weighted Lateral Hops on BOSU	<10	12-15	20+
5	5	5	Sumo Goblet Squat *Heavy*	<20	25-40	45+
			2nd 7 Mins:			
15	15	15	Crunches on BOSU	-	Weighted	Weighted
10	10	10	Gorilla Cleans	<12	15-20	25+
10	10	10	V-Sit Lateral Raise Cocoon	<10	12-15	20
30	30	30	FINISHER: Curls	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
5	5	5	1:1 Stone Squat and Throw/Broad Jump	-	-	-
8	8	8	Lateral Step Ups	-	-	-
12	20	30	MYO Mtn. Climbers	-	-	-
			2nd 7 Mins:			
8	8	8	KB SCP	<15	20-35	40+
30	60	90	Hammer BR	-	-	-
5	5	5	Double KB Deadlift	<15	20-35	40+
30	30	30	FINISHER: 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 st 7 mins				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2 nd 7 mins				
	TC			
0:30	High Watts Hold, RR, complete 3x			
	TC			
Bike Ride: Finisher				
	Distance on console	.5	.6	.7

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		