



DATE: 6-8-23
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	15	15	Larsen Press	<12	15-25	30+
7	7	7	Sprinters Lunge and Row	<8	10-20	25+
8	8	8	Pop Squat Press	<8	10-15	20+
			2nd 7 Mins:			
6	8	10	Sphinx Push Ups	-	-	-
10	10	10	Suitcase Swings	<12	15-25	30+
15	15	15	Bicycle Crunches	-	-	-
20	25	30	FINISHER: RDL	<12	15-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
1	2	3	5:5 Push Ups on BOSU/Crossbody Mtn Climbers on BOSU	-	-	-
8	8	8	KB Lateral Lunge Floor Touch/High Row	<15	20-30	35+
10	12	15	Offset Squat on BOSU	-	-	-
8	10	12	MYO Hamstring Curls	-	-	-
75	125	175	FINISHER: BR	-	-	-

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	10	18	25

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		