



DATE: 7-29-23
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	10	12	BOSU Bus Driver	-	-	-
8	8	8	ISO Lunge/Single Arm Press	<10	12-20	25+
10	10	10	Straight Arm Pull Throughs	<10	12-20+	L2 +On BOSU
			2nd 7 Mins:			
4	6	8	Man Makers	<8	10-15	20+
15	15	15	Reverse Fly	<8	10-20+	L2 + On BOSU
-	-	-	Push Ups **to failure**	-	-	-
6	8	10	FINISHER: ALT OTH Back Lunge	<10	12-20	25+

HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	Box Dips	-	-	-
10	15	15	American KB Swings	<20	25-40	45+
5	5	5	KB Sprinters Lunge Duo	<15	20-30	35+
20	30	40	BR XTR	-	-	-
30	40	50	FINISHER: ALT 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				
1:00	CDC OOS 0:20/0:10 RR, complete 2x			
	RR			
1:00	CDC S 0:20/0:10 RR, complete 2x			
	TC			
Bike Ride: 2 nd 7 mins				
1:00	CEC OOS 0:20/0:10 RR, complete 2x			
	RR			
1:00	CEC S 0:20/0:10 RR, complete 2x			
	TC			
Bike Ride: Finisher				

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