



DATE: 8-24-23
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
7	7	7	Seated Shoulder Press *add weight every round	<10	12-20	25+
20	20	20	Pulse Squats (high reps, no weight)	-	-	-
8	8	8	ALT Bicep Curls	<10	12-20	25+
			2nd 7 Mins:			
5	5	5	Snatch *heavy*	<20	25-40	45+
8	8	8	Straight Arm Sit Ups	<10	12-15	20+
5	5	5	Goblet Squat *heavy*	<20	25-40	45+
12	12	12	FINISHER: 1:1 Front raise/lateral raise	<10	12-15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	KB Sprinter's Lunge	<15	20-25	30+
2	2	3	5:5 SB Good Mornings/SB Front Loaded Squats	Lt	Hvy	hvy
10	15	20	Little Man in the Woods	-	-	-
10	15	20	Box Jumps	16"	20"	20"+
2	3	4	4:4 Shoulder Taps/In & Outs	-	-	-
10	12	15	FINISHER: MYO Blast off Squats	-	-	-

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 bike (console)	.5	.6	.7

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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		