



DATE: 9-2-23

FORMAT: Wildfire

AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
7	10	10	DB Bulgarian Lunge on Box	-	<10	12>
2	3	3	5:5 Sumo Squat/Sumo Pulse Squat	-	Racked	Racked
10	10	10	Wallball Hamstring Curl	-	-	-
			2nd 7 Mins:			
7	10	10	Step Up w DB	<8	10-20	25+
5	5	5	Center Hold Squat	<25	30-50	60>
7	10	10	Bulgarian RDL	<8	10-15	20+
12	12	12	FINISHER: Crouch Lunge	-	Weighted	weighted

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
3	4	5	10:10 BR Slam/BR	-	-	-
15	20	20	Slam Balls	15	20	20
5	5	5	Jacks Squared	-	-	-
5	5	5	KB Double Double	<15	20-30	35+
20	20	20	Soccer Taps on Slam ball	-	-	-
5	6	6	FINISHER: Single Leg Burpee	-	-	-

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 on Bike (console)	.3	.4	.5

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		