



DATE: 10-7-2023
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
10	10	10	B-Stance RDL	<12	15-25	30+
7	7	7	Single Arm Rocky Press	<8	10-15	20+
7	7	7	Man Makers	<8	10-15	20+
			2 nd 7 Mins:			
7	7	7	ALT Curtsy Lunge	-	<12	15+
10	10	10	Up and Overs	-	-	-
7	7	7	Racked Lateral Lunge/Press	<10	12-20	25+
20	20	20	FINISHER: Swing Snatch	<10	12-25	30+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Single Leg Box Stand Up	-	-	-
10	10	10	MYO Hamstring Runner	-	-	-
8	8	8	Single Arm KB Row	<15	20-35	40+
5	5	5	1:1 KB Clean/KB racked squat	<15	20-35	40+
3	5	7	Double Pump Burpee	-	-	-
20	20	20	FINISHER: KB Upright Row	<20	25-40	45+

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			
2:00	Distance Progressive Climb- add 1 gear every 0.1	Gear 12	Gear 14	Gear 16
Bike Ride: 2 nd 7 mins				
2:30	Distance Rolling Hills- 0:30, add 2 gears. 0:30 remove 1 gear. Continue pattern for 2:30.	Gear 12	Gear 14	Gear 16
Bike Ride: Finisher				
	Distance (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		