



DATE: 11-11-23  
 FORMAT: Wildfire

### STRENGTH Side

Focus: Total Body (Metcon)

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7 Mins:			
10	10	10	Renegade Row	<12	15-25	30+
4	6	8	Cobra Push Ups	-	-	-
5	6	7	Turkish Twist	5	8	10
			2 <sup>nd</sup> 7 Mins:			
7	7	7	Swing Squat Complex	<12	15-25	30+
10:10	10:10	10:10	Reverse Crunches/Knee Up Crunches	-	-	-
10	10	10	Dragon Flies	<12	15-25	30+
6	8	8	<b>FINISHER:</b> OTH Surrender	<12	15-25	30+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	180 Squat Jumps	-	-	-
8	10	12	Chin Ups	MYO Parallel Row	ASST	Rig
2	3	4	10:10 BR In and Out/BR Slams	-	-	-
2	3	3	5:5 Slamballs/Push Ups	15	20	20
2	3	3	<b>FINISHER:</b> 5:5 MYO High Row/MYO Low Row	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b>
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

Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 7 mins				
AFAP	Distance	0.3	0.5	0.8
	TC			
Bike Ride: 2 <sup>nd</sup> 7 mins				
AFAP	Energy Points	10	20	25
	TC			
Bike Ride: Finisher				
	Energy Pts (men add 5)	10	15	20

### Format & Rotation Options

Revolution- Members Split on the circuits first
3C- Members Distribute Evenly on Bike, Strength, HIIT
TIC- Timed Interval Circuit
ORA- One Round Assault
Funnel- Decreasing a Rep each Round
Reverse Funnel- Adding a Rep each Round
AMRAP- As Many Rounds As Possible

### Recovery Protocol:

Seated Glute Stretch
Cobra (2x)
Palm Press
Lying Arm Reach
Heel Press