



DATE: 11-23-23 **Happy Thanksgiving!!!**

FORMAT: Wildfire

### STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 7 Mins:</b>			
15	15	15	Incline Crush Press on TC	<15	20-30	35+
10	10	10	Larsen Press	<15	20-30	35+
8	12	15	Wide Push Ups/Bird Dog	-	-	-
			<b>2<sup>nd</sup> 7 Mins:</b>			
7	7	7	TC Rock N Row	-	-	-
15	15	15	DB Row on TC	<12	15-25	30+
8	8	8	ALT Row/Reverse Fly	<12	15-25	30+
7	7	7	<b>FINISHER:</b> Deadlift (Increase weight every round)	<20	25-40	45+

### HIIT Side

Focus: Total Body/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	KB Pullovers on Box	<20	25-35	40+
30	50	70	ALT BR	-	-	-
7	7	7	KB Single Leg Press	<15	20-30	L2 + Bottoms Up
2	3	3	5:5 American KB Swings/KB SCP	<20	25-35	40+
5	5	5	<b>FINISHER:</b> ALT KB OTH Step Up	<15	20-30	20-30

### 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				
	TC			
2:00	Distance Progressive Climb- add 1 gear every 0.1	Gear 12	Gear 14	Gear 16
Bike Ride: 2 <sup>nd</sup> 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
	TC			
<b>Bike Ride: Finisher</b> GOAL: FINISH BETWEEN 25-40 SECONDS				
	Distance on CONSOLE	.2	.2	.2

### 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:

Lying Down Internal Twist and Reach
Lying Spinal Twist
Hand Behind Back
Standing Triceps Extend and Reach
Arm Across Stretch