



DATE: 12-14-2023
 FORMAT: Wildfire

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	8	8	DB Single Leg Kickbacks	<10	12-15	20+
15	15	15	Dragon Flies	<10	12-25	30+
8	8	8	Push Up 2 Snatch	<10	12-25	30+
			2nd 7 Mins:			
15	15	15	Squat Press	<10	12-25	30+
8	8	8	Gorilla Clean	<10	12-15	20+
5	5	5	Weighted Yo-Yo	<20	25-40	45+
			FINISHER: AB Pyramid- 5:5 reps down to 1:1 rep, V-Ups/Flutter Kicks	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	8	8	Crossover Step Up	-	Goblet KB	Goblet KB
40	40	40	Hammer BR	-	-	-
12	12	12	SB Front Loaded Squat	Lt	Lt	hvy
15	15	15	SB Wipers	Lt	Lt	hvy
			FINISHER: Triceps Pyramid- 5:5 reps down to 1:1 rep, MYO Skull Crusher/Tricep Push Up	-	-	-

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

Time	Type	L1	L2	L3
Bike Ride: 1st 7 mins				
1:00	CDC OOS 0:20/0:10 RR, complete 2x			
	RR			
1:00	CDC S 0:20/0:10 RR, complete 2x			
	TC			
Bike Ride: 2nd 7 mins				
1:00	CEC OOS 0:20/0:10 RR, complete 2x			
	RR			
1:00	CEC S 0:20/0:10 RR, complete 2x			
	TC			
Bike Ride: Finisher				
	Energy Pts	8	15	25

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:

- Standing Figure 4 and Bend
- Heel Press
- Standing Hamstring with Toe Up
- Pigeon Pose
- Side Lying Knee Bend