



DATE: 12-23-23
FORMAT: Wildfire

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
8	8	8	Infinity Lunge	<10	15-20	25+
15	15	15	Jack Press	<10	12-15	12-15
8	8	8	Turkish Sit Up	<10	12-20	25+
			2 nd 7 Mins:			
15	15	15	Grave Digger	<10	12-25	30+
15	20	20	ALT Snatch	<10	12-25	30+
8	8	8	FINISHER: Weighted Inchworm/Renegade Row	<8	10-15	20

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
30	40	50	Kneeling BR	-	-	-
15	20	20	American KB Swing	<20	25-35	40+
10	15	15	Power Skaters	-	-	-
6	10	10	Burpee Box Jump	-	-	-
10	15	15	FINISHER: ALT High Plank Bird Dog	-	-	-

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: 1 st 7 Mins				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2 nd 7 Mins				
	TC			
0:30	High Watts Hold, RR, complete 3x			
	TC			
	Bike Ride: Finisher			
	Distance on Bike	.3	.3	.3

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:

Side to Side Neck Flow/Up and Down Neck Flow
Arm Across Stretch
Pigeon Pose
Side Reach
Bear Hug Stretch/Palm Press