



DATE: 12-2-23
 FORMAT: Wildfire
 AFTER CLASS STRETCHES: Trainer's Choice

STRENGTH Side

Focus: Total Body Complex

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
5	6	7	ALT Push Up/In & Out on BOSU	-	-	-
5	5	5	ALT Back Lunge w/ Lateral Raise	<8	10-15	20
5	5	5	Man Makers	<10	12-20	25+
			2nd 7 Mins:			
10	12	15	Arms up Crunch on BOSU	-	-	-
10	10	10	Squat Press	<12	15-25	30+
5	5	5	Front Lunge to Chest Scoop	<8	10-15	20
8	8	8	FINISHER: Single Arm Push Press	<15	20-35	40+

HIIT Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
2	3	4	10:10 BR Slams/BRJacks	-	-	-
8	8	8	SB Step Ups	Lt	Lt	Hvy
8	10	12	MYO Single Arm Curl	-	-	-
8	8	8	KB Clean	<15	20-35	40+
5	6	7	FINISHER: Single Leg Burpee	-	-	-

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			
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)	.4	.4	.5

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
Cat/Cow (2x- 2 mins total)
Hand on Head Twist
Lying Arm Reach