



DATE: 1-27-24
FORMAT: Wildfire

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
4	6	6	Push Press	<15	20-25	30+
8	10	12	Elevated RDL on TC	<10	15-20	25+
4	6	8	TC Rock n Row	-	-	-
			2 nd 7 Mins:			
8	8	8	TC SUSU DB Press	<10	12-15	20+
10	10	12	Back Ext. on TC	-	Weighted	+ Lat Pull
4	6	6	Single Arm Squat/High Row *heavy*	<15	20-25	30+
10	10	10	FINISHER: Weighted Lateral Hops on TC	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
40	40	40	Jump Rope	-	Alt	DBLU
4	6	8	Swing to Back Lunge (ea)	<15	20	25+
6	8	10	Chin Ups	MYO Supinated Row	Asst	Rig
4	6	8	1:1 Stone Squat and Throw/Broad Jump	Lt	Lt	Hvy
25	25	25	FINISHER: Box Dips	Bent knees	Straight leg	+ Weighted

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
	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:
Lying Down Hamstrings Pull
Heel Press
Side Lying Knee Bend
Lying Down Internal Twist and Reach
Hand Behind Back