



DATE: 2-16-24
 FORMAT: Wildfire

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	8	8	1.5 Curls	<10	12-15	20+
10	10	10	Top Half Curls	<10	12-15	20+
12	12	12	Bottom Half 45 Degree Curl	<10	12-15	20+
			2nd 7 Mins:			
8	8	8	Skull Crushers	<10	12-20	25+
10	10	10	Commander Push Ups	-	-	-
12	12	12	Pike Push Ups	-	-	-
			FINISHER: 5:5 funnel down 1:1 Supinated Front Raise/DB Shoulder Press	<10	12-15	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	10	10	SB Bear Hug Squat	Lt	Lt	Hvy
6	8	8	SB Step Up	Lt	Lt	Hvy
6	8	8	SB Bicep Curl	Lt	Lt	Hvy
30	40	50	Kneeling BR	-	-	-
6	8	8	FINISHER: KB Samson Press	<15	20	25

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				
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: 2 nd 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 Distance Seated				
	.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:
Side to Side Neck Flow/Up and Down Neck Flow
Arm Across Stretch
Pigeon Pose
Side Reach
Bear Hug Stretch/Palm Press