



DATE: 2-24-24
FORMAT: Wildfire

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
6	8	8	DB Back Lunge Haybaler (ea)	<12	15-20	25+
6	8	8	B-Stance RDL	<15	20-25	30+
10	12	12	Center Hold Squat	<20	25-35	40+
			2 nd 7 Mins:			
8	8	8	Sumo Deadlift	<15	20-25	30+
8	8	8	Offset Goblet Squat on BOSU	<20	25-35	40+
6	8	8	Single Leg Hip Thrust on BOSU	BW	Weighted	Weighted
			FINISHER: 5:5 funnel down to 1:1 V-Ups/Full Sit Ups			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
4	6	6	ISO Shoulder Squat with Stone	Lt	Lt	Hvy
6	8	8	OTH KB Step Up (lighter weight)	15	20	20
4	6	6	KB Mixed Racked Split Squat	15	20	20
8	8	8	Jumping Wallballs	8	12-16	20
30	30	30	FINISHER: BR Slams	-	-	-

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 Console	0.2	0.3	0.3

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:

Standing Hamstring with Toe Up
Cross Body IT Band Stretch
Arm Across Stretch
Lying Leg Raise
Sprinter Stretch