



DATE: 2-7-24
 FORMAT: Wildfire

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	10	15	Tricep Push Up	Knees	Toes	Toes
6	8	10	ALT Skull Crushers on TC	<10	12-15	15+
6	6	10	Tricep DB Press on TC	<12	15-20	20+
			2nd 7 Mins:			
1	2	3	5:5 Zottman Curls/Hammer Curls	<10	12-20	20+
8	10	12	ALT Bicep Curls	<10	12-20	20+
10	10	15	HWH Curls	<10	12-20	20+
			FINISHER: 10:10 funnel down 1:1 DB Shoulder Press/Upright Row	<10	12-20	25+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	10	10	American KB Swings	<20	20-30	35+
4	6	8	Rotating Surrender Jump	-	-	-
6	8	8	1:1 SB Clean/SB Snatch	Lt	Lt	Hvy
8	8	8	Lateral Squat Hops	-	Fast	Faster
4	6	6	FINISHER: Gladiators	-	Fast	Faster

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: 1st 7 mins				
	TC			
2:00	Distance Progressive Climb- add 1 gear every 0.1	Gear 12	Gear 14	Gear 16
Bike Ride: 2nd 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				
	Energy	5	10	15

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 Internal Twist and Reach
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Standing Triceps Extend and Reach