



DATE: 3-15-24
FORMAT: Wildfire

STRENGTH Side

Focus: Lower Body

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	8	8	Split Squat	BW	12-20	25+
12	15	15	Single Leg Hip Bridge on TC	-	-	-
10	10	10	DB Squat/Upright Row	<10	12-15	20+
			2nd 7 Mins:			
8	8	8	Heels Up Squat on TC (racked weights)	<10	12-20	25+
8	12	12	Copenhagens on TC	-	-	-
10	10	10	TC Quad Burners	BW	Weighted	Weighted
			FINISHER: 5:5 reps down to 1:1 reps, Squat Jumps/Pulse Squats			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
6	10	12	Pike Push Ups	-	-	-
6	10	10	Bottoms Up KB Press	<15	20	25+
8	12	15	B2B Squat Jumps	-	-	-
10	6	8	Hanging Knee Raises	Reverse Crunches	Rig	Rig
20	30	40	FINISHER: Mtn Climbers (total)	-	-	-

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: Seated	.2	.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 Figure 4
Sprinter/Hamstring Flow
Side Lying Knee Bend
Seated Glute Stretch
Cat/Cow