



DATE: 3-6-24  
FORMAT: Wildfire

### STRENGTH Side

Focus: Push/Pull

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7 Mins:			
8	8	8	Single Arm Chest Press on TC	<15	20-25	30+
8	8	8	ALT Bent Over Row	<10	12-20	25+
8	8	8	ALT Single Arm Chest Scoops	<10	12-15	20+
			2 <sup>nd</sup> 7 Mins:			
12	12	12	Wide Push Ups	Knees	Toes	Elevated
10	10	10	DB Pull Over/Crunch on TC	<15	20-25	30+
12	12	12	Straight Arm Pull Throughs	<10	12-15	20+
4	6	6	FINISHER: TC Rock N Row (ea)	-	-	-

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	MYO Knee Tucks	-	-	-
10	12	12	Box Jumps	16"	20"	24+
8	10	12	Jack Knives on Box	-	-	-
6	6	8	KB Snatch	<15	20	20
8	10	8	FINISHER: MYO Chest Press	-	-	MYO Drop/Punch/Press

### 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

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Time	Type	L1	L2	L3
Bike Ride: 1 <sup>st</sup> 7 mins				
AFAP	Distance	0.3	0.5	0.8
	TC			
Bike Ride: 2 <sup>nd</sup> 7 mins				
AFAP	Energy Points	10	20	25
	TC			
Bike Ride: Finisher				
	Distance on Console, Standing	.2	.3	.3 gear 20+

#### 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:

Sprinter/Hamstring Flow  
Lying Down Internal Twist and Reach  
Lying Arm Reach  
Palm Press  
Shoulder Extension