



DATE: 5-16-24  
FORMAT: Wildfire

### STRENGTH Side

Focus: Push/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			<b>1<sup>st</sup> 7 Mins:</b>			
10	12	12	Arnold Presses	<10	12-15	20+
20	20	20	Flutter Kicks	-	-	-
5	8	10	2:1 Push Up/Plank Knee 2 Elbow	-	-	-
			<b>2<sup>nd</sup> 7 Mins:</b>			
12	12	12	Hammer Shoulder Press	<10	12-15	20+
8	8	8	Side Jack Knives	-	-	-
10	10	15	Hand Release Push Ups	Knees	-	-
			<b>FINISHER:</b> 5:5 Funnel Down to 1:1 Lateral Raise/Supinated Front Raise	<8	10	10+

### HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	10	10	Crossover Step Up	BW	Lt SB	Hvy SB
20	30	40	Hammer BR	-	-	-
8	10	12	SB Front squat	Lt	Hvy	Hvy
8	10	12	SB Wipers	Lt	Hvy	Hvy
			<b>FINISHER:</b> 5:5 Funnel Down to 1:1 MYO Skull Crushers/Tricep Push Ups	-	-	-

### 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

#### 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

Time	Type	L1	L2	L3
<b>Bike Ride: 1<sup>st</sup> 7 mins</b>				
AFAP	Distance	0.3	0.5	0.8
	TC			
<b>Bike Ride: 2<sup>nd</sup> 7 mins</b>				
AFAP	Energy Points	10	20	25
	TC			
<b>Bike Ride: Finisher</b>				
	Energy	8	12	20

#### Recovery Protocol:

Side Reach  
Standing Figure 4 and Bend  
Bear Hug Stretch  
Standing Hamstring with Toe Up  
Standing Triceps Extend and Reach