



DATE: 6-26-24
FORMAT: Wildfire

STRENGTH Side

Focus: Chest/Tri

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
4	6	8	Chest Press on TC	<20	25-30	35+
12	15	20	ALT Chest Fly on TC	<12	15-20	25+
			2 nd 7 Mins:			
15	25	30	Tricep Push Ups	Knees	-	On TC
15	20	25	OTH Extension	<10	12-15	20+
8	10	12	FINISHER: Incline Chest Press on TC	<10	12-20	20+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Wallball Russian Slams	8	12-16	20
6	8	10	Heismans	-	-	-
20	30	40	ALT BR	-	-	-
8	10	12	Single Leg Stand Up	-	-	-
8	10	12	MYO Clutch Curls	-	-	-
1	2	3	FINISHER: 10:10 Jumping Jacks/Skaters	-	-	-

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
Bike Ride: Finisher				
	Energy: Seated	5	8	12

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 Hamstrings Pull
Standing Triceps Extend and Reach
Arm Across Stretch
Hand Behind Back
Side Reach