



DATE: 7-12-24
FORMAT: Wildfire

STRENGTH Side

Focus: Back Attack Ab Smack

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
6	8	10	Deadlifts	<20	25-35	40+
12	15	20	V-Ups	-	-	-
8	10	12	Superman/Lat Pull	-	-	-
			2 nd 7 Mins:			
15	20	25	Knee Up Crunches	-	-	-
6	8	10	Kneeling Haybalers	<12	15-20	25+
8	10	12	Supinated Row	<12	15-25	30+
4	6	6	FINISHER: Turkish Get Up (ea)	BW	<10	12+

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	12	Broad Jump Burpee	-	-	-
15	10	8	Chin Ups	MYO supinated row	Asst	Rig
4	6	6	KB SSLDL Duo	<15	20	25+
8	10	12	KB Halo (ea)	<15	20	25+
16	24	30	Bear Crawls (total)	-	-	-
6	8	10	FINISHER: Heismans (ea)	-	-	-

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
Bike Ride: 1 st 7 mins				
1:00	CDC OOS 0:20/0:10 RR, complete 2x			
	RR			
1:00	CDC S 0:20/0:10 RR, complete 2x			
	TC			
Bike Ride: 2 nd 7 mins				
1:00	CEC OOS 0:20/0:10 RR, complete 2x			
	RR			
1:00	CEC S 0:20/0:10 RR, complete 2x			
	TC			
Bike Ride: Finisher				
	Distance: Standing gear 22+	.2	.3	.4

Recovery Protocol:

Sprinter/Hamstring Flow
Side to Side Neck Flow/Up and Down Neck Flow
Pigeon Pose
Arm Across Stretch
Shoulder Extension