



DATE: 7-24-24
FORMAT: Wildfire

STRENGTH Side

Focus: Legs w Hammy Finisher

L1	L2	L3	Exercise:	L1	L2	L3
			1st 7 Mins:			
8	8	8	Sumo Goblet Squat *heavy	<20	25-35	40+
10	10	12	Curtsey Split Squat	BW	<15	20+
8	8	8	SLDL	<8	10-15	20+
			2nd 7 Mins:			
15	20	25	Single Leg Glute Bridge on BOSU (ea)	-	-	-
8	8	8	Offset Goblet Squat on BOSU	BW	<15	20+
8	8	8	ALT Back Lunge	BW	<15	20+
12	12	12	FINISHER: DB RDL	<10	12-25	30+

HIIT Side

Focus: Legs

L1	L2	L3	Exercise:	L1	L2	L3
6	8	8	ALT KB Halo Lunge	<15	20	25+
12	15	20	Squat Drops	-	-	-
10	12	10	SB Lateral Lunge (ea)	Lt	Lt	Hvy
15	20	25	MYO Hamstring Curls	-	-	-
8	8	8	FINISHER: Box Jumps	16"	20"	24"+

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: 1st 7 Mins				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2nd 7 Mins				
	TC			
0:30	High Watts Hold, RR, complete 3x			
	TC			
	Bike Ride: Finisher			
	Seated Energy	5	8	10

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:

Seated Glute Stretch
Lying Down Internal Twist and Reach
Palm Press
Lying Arm Reach
Bear Hug Stretch/Butterfly Stretch