



DATE: 8-12-24
FORMAT: Wildfire

STRENGTH Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|----------------------------|-------|-------|------|
| | | | 1 st 7 Mins: | | | |
| 8 | 10 | 12 | Woodchoppers (ea) | <8 | 10-15 | 20+ |
| 8 | 10 | 10 | ALT Back Lunge (ea) | BW | <15 | 20+ |
| 10 | 10 | 10 | ALT Snatch (ea) | <8 | 10-25 | 30+ |
| | | | 2 nd 7 Mins: | | | |
| 8 | 10 | 15 | Tricep Push Ups | Knees | Toes | Toes |
| 20 | 30 | 40 | Bicycle Crunches (total) | - | - | - |
| 8 | 8 | 8 | Squat Press | <10 | 12-20 | 25+ |
| 10 | 10 | 10 | FINISHER: Slamballs | 15 | 20 | 25+ |

HIIT Side

Focus: Total Body/HIIT

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|--|--------------|--------------|------------|
| 10 | 12 | 15 | Wallballs | 8 | 12-16 | 20 |
| 15 | 10 | 8 | Pull Ups | MYO high row | Asst | Rig |
| 20 | 15 | 15 | Box Dips | Bent knees | Straight leg | +SB |
| 40 | 10 | 20 | Jump Rope | Single | DBLU | Single leg |
| 10 | 15 | 10 | SB Front Squat | LT | LT | Hvy |
| 8 | 8 | 8 | FINISHER: Wallball Russian Twists | 8 | 12-16 | 20+ |

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 | | | | |
| AFAP | Distance | 0.3 | 0.5 | 0.8 |
| | TC | | | |
| | | | | |
| | | | | |
| Bike Ride: 2 nd 7 mins | | | | |
| AFAP | Energy Points | 10 | 20 | 25 |
| | TC | | | |
| | | | | |
| | | | | |
| Bike Ride: Finisher | | | | |
| | Standing energy: | 4 | 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:

Standing Triceps Extend and Reach
Lying Arm Reach
Hand Behind Back
Arm Across Stretch
Sprinter/Hamstring Flow