



DATE: 8-24-24
FORMAT: Wildfire

STRENGTH Side

Focus: Upper Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
4	6	8	HWH Curls	<10	12-20	25+
8	10	12	1:1 Inchworm/Shoulder Tap	-	-	-
8	10	12	1:1 Front Raise/Lateral Raise	<8	10-12	15+
			2 nd 7 Mins:			
8	10	12	ALT Crossbody Hammer Curl	<10	12-20	25+
10	12	15	Incline Skull Crusher on BOSU	<8	10-15	20+
10	12	15	OTH Extension	<10	12-20	25+
6	8	10	FINISHER: Warrior Press	<10 flat	12-15 on BOSU	20+ on BOSU

HIIT Side

Focus: Abs/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
12	15	20	MYO Knee Tucks	-	-	-
8	10	12	Box Jumps	16"	20"	24"+
10	12	15	MYO Roll Outs	-	-	-
12	12	15	Half Burpees	-	-	-
30	40	50	FINISHER: Fast Jacks	-	-	-

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				
	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
	TC			
Bike Ride: Finisher				
	Standing/Seated 1x1 Distance (.1 up .1 down)	.2	.4	.6

Recovery Protocol:

Side to Side Neck Flow/Up and Down Neck Flow
Arm Across Stretch
Standing Triceps Extend and Reach
Side Reach
Bear Hug Stretch/Palm Press