



DATE: 9-14-24
FORMAT: Wildfire

STRENGTH Side

Focus: Upper Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|----------------------------|-----|-----------------------|---------|
| | | | 1 st 7 Mins: | | | |
| 6 | 8 | 8 | Yo-Yo Front Raise | <8 | 10-12 | 15+ |
| 12 | 15 | 15 | Weighted Sit Ups | BW | <10 | 12+ |
| | | | 2 nd 7 Mins: | | | |
| 8 | 10 | 12 | ISO Shoulder Press | <12 | 15-20 | 25+ |
| 8 | 10 | 12 | Circle Abs | - | - | - |
| 6 | 8 | 8 | FINISHER: Inchworms | - | w/ Shoulder Tap | w/ P.U. |

HIIT Side

Focus: Total Body

| L1 | L2 | L3 | Exercise: | L1 | L2 | L3 |
|----|----|----|---|-----|-------|-----|
| 6 | 8 | 8 | KB Pendulum Swing (ea) | <15 | 20-25 | 30+ |
| 10 | 12 | 15 | MYO Hip Dips | - | - | - |
| 20 | 30 | 40 | Mtn. Climbers (total) | - | - | - |
| 1 | 2 | 3 | 10:5 Russian Twists/V-Ups | - | - | - |
| 4 | 6 | 8 | FINISHER: ALT Lateral Lunge/Triple High Knee | - | - | - |

Bike Protocol:

| 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 | | | | |
| | Seated Energy | 4 | 6 | 8 |
| | | | | |

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

Recovery Protocol:

Side Lying Knee Bend
Lying Spinal Twist
Hand Behind Back
Arm Across Stretch
Cobra/DownDog