



DATE: 10-1-24  
FORMAT: Wildfire

### STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7 Mins:			
8	10	12	Incline Skull Crushers on BOSU	<8	10-15	20+
8	10	12	Hammer Curls	<10	12-20 on BOSU	25+ on BOSU
8	10	12	ISO Curls	<10	12-20 on BOSU	25+ on BOSU
			2 <sup>nd</sup> 7 Mins:			
12	10	8	Crush Press	<12	15-25 on BOSU	30+ on BOSU
12	10	8	Kickbacks	<8	10-15	20+
12	10	8	HWH Curls	<8	10-20 on BOSU	25+ on BOSU
8	8	8	<b>FINISHER:</b> ALT Bicep Curls	<8	10-20	25+

### HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
8	10	15	MYO Bicep Curls	-	-	-
10	12	15	KB Russian Swings	<15	20-35	40+
8	10	12	KB OTH Extension	<15	20-35	40+
60	80	100	Jump Rope	-	-	Alt
8	8	8	<b>FINISHER:</b> Jump/Jump Shuffle Back	-	-	-

### Bike Protocol:

<b>Bike Abbreviations</b> 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
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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 <sup>st</sup> 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 <sup>nd</sup> 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				
	Seated/Standing energy 2x2	4	8	10

### Recovery Protocol:

Lying Down Internal Twist and Reach
Standing Triceps Extend and Reach
Butterfly Stretch
Side to Side Neck Flow/Up and Down Neck Flow
Side Reach