



DATE: 10-25-24
FORMAT: Wildfire

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins: **high reps**			
2	3	4	5:5 Tricep Push Ups/Sphinx Push ups	-	-	-
15	15	15	Twisted Curls	<8	10-15	20+
			2 nd 7 Mins: **heavy**			
8	8	8	Skull Crushers	<12	15-25	30+
8	8	8	Hammer Curls	<10	12-20	25+
6	7	8	FINISHER: HWH Curls	<10	12-20	25+

HIIT Side

Focus: Arms & HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	12	SB Bicep Curls	Lt	Lt	Hvy
6	8	12	Burpee Box Jump	16"	20"	20"+
10	12	15	KB Skull Crushers on Box	<15	20-30	35+
30	40	50	Kneeling BR	-	-	-
8	8	8	FINISHER: Wallball Russian Slams	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				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2 nd 7 Mins				
	TC			
0:30	High Watts Hold, RR, complete 3x			
	TC			
	Bike Ride: Finisher			
	Distance .1 up .1 down	.3	.4	.5

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:

Up and Down Neck Flow/Side to Side Neck Flow
Lying Down Figure 4
Sprinter Stretch
Crossbody IT Band Stretch
Butterfly Stretch