



DATE: 11/19
FORMAT: Wildfire

STRENGTH Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins			
12	15	15	Double snatch	<12	15-25	30+
12	15	15	Iso Skull crushers	<12	15-20	25+
			2 nd 7 Mins			
2	2	2	8:8 Suitcase swing/Shoulder Press	<12	15-25	30+
10	10	10	Front loaded hammer curls	<10	12-15	20+
8	8	8	FINISHER: Side plank press & roll (ea)	<8	10-12	15

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
2	3	3	SB burpee rover	Lt	Lt	Hvy
10	12	15	MYO parallel row	-	-	-
5	5	5	Slam ball duo	20	20	20
4	5	5	2:2 Wallball /yo yo	8	12-16	20
12	15	15	FINISHER: KB Russian twists	<15	20-25	30+

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			
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				
	Distance on Bike	.2	.3	.3

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 figure 4 and bend
Bear hug stretch/Butterfly Stretch
Sprinters rotational Stretch
Sprinter/Hamstring flow
Pigeon Pose