



DATE: 11-9-24
FORMAT: Wildfire

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7 Mins:			
8	8	8	Yo-Yo Hammer Curls	<12	15-20	25+
10	10	10	Bicep Curls	<12	15-20	25+
10	10	12	Tricep Push Ups	Knees on BOSU	Ft on BOSU	Ft on BOSU
12	12	12	Incline Skull Crushers on BOSU	<8	10-20	25+
			2 nd 7 Mins:			
			same exercises as above, increase reps by 4			
5	5	5	FINISHER: ALT Lateral Lunge/Triple High Knee (ea)	-	-	-

HIIT Side

Focus: Arms/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
10	12	15	MYO Clutch Curls	-	-	-
20	30	40	BR In & Outs	-	-	-
10	12	15	Box Dip	-	Lt SB	Hvy SB
30	40	50	ALT Hammer BR	-	-	-
5	5	5	FINISHER: 1:1 Burpee/SB Clean	Lt	Lt	Hvy

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				
AFAP	Distance	0.3	0.5	0.8
	TC			
Bike Ride: 2 nd 7 mins				
AFAP	Energy Points	10	20	25
	TC			
Bike Ride: Finisher				
	Seated Energy	4	8	12

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:

Shoulder Extension
Arm Across Stretch
Pigeon Pose
Crossbody IT Band Stretch
Bear Hug Stretch/Palm Press