



DATE: 12/27
FORMAT: Wildfire

STRENGTH Side

Focus: Chest/Back

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
10	12	15	Wide Push-Up	-	-	-
10	12	15	Chest Fly on TC	<12	15-25	30+
10	12	15	Decline Chest Press on TC	<15	20-30	35+
			2 nd 7			
8	10	12	Bent Over Row w/ TC	-	-	-
15	20	20	Back Ext on TC	-	-	-
5	5	5	Deadlift *Heavy	<25	30-40	45+
4	5	6	FINISHER: Single Leg Burpee (ea)	-	-	-

HIIT Side

Focus:

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
30	40	50	ALT BR (ea)	-	-	-
8	10	10	Cyclists Presses (ea)	<15	20	25+
10	10	10	SB Clean	Lt	Hvy	Hvy
			2 nd 7			
20	30	40	ALT Jump Rope (ea)	-	-	-
8	8	10	Pull Ups	ASST	ASST	RIG
15	15	15	Slamball	20	20	20
10	15	20	FINISHER: Spider Climbers (ea)			

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 on Bike	.3	.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:

Cobra
Shoulder Extension
Sprinter/Hamstring Flow
Lying Arm Reach
Cat/Cow

