



DATE: 12/9  
FORMAT: Wildfire

### STRENGTH Side

Focus: Back/Bis

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
10	10	10	Straight Arm Pull Throughs	<12	15-20	25+
8	8	8	ALT Row/Reverse Fly	<12	15-20	25+
15	15	15	BOSU Back Extensions	-	-	-
			2 <sup>nd</sup> 7			
12	12	12	ALT Biceps Curl (ea)	<10	12-20	25+
8	8	8	BOSU Hammer Curl	<10	12-20	25+
8	8	8	BOSU 45 Degree Curl	<10	12-20	25+
15	15	15	<b>FINISHER:</b> BOSU Bus Driver	-	-	-

### HIIT Side

Focus: Back/Bi/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
4	4	4	KB Row Trio	<15	20-25	30+
10	10	10	Burpee	-	-	-
30	40	50	Hammer BR	-	-	-
			2 <sup>nd</sup> 7			
10	12	15	MYO Clutch Curl	-	-	-
5	5	5	Drop Top	-	-	-
5	5	5	Broad Jump Shuffle	-	-	-
15	20	25	<b>FINISHER:</b> MYO High Knee Runners	-	-	-

### 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

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			
<b>Bike Ride: Finisher</b>				
	Calories on Bike (console)	15	20	25

<b>Recovery Protocol:</b>
<b>Bear Hug Stretch</b>
<b>Hand on Head Twist</b>
<b>Lying Spinal Twist</b>
<b>Up and Down Neck Flow/Side to Side Neck Flow</b>
<b>Palm Press</b>

<b>Format &amp; Rotation Options</b>
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