



DATE: 1/16  
FORMAT: Wildfire

### STRENGTH Side

Focus: Back/Bi Power

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
7	7	7	ALT Bent Over Row (ea)	<15	20-25	30+
10	12	15	Back Ext on TC	-	-	-
8	8	8	TC Bear Row	<15	20-25	30+
			2 <sup>nd</sup> 7			
-	-	-	21's	<10	12-15	20+
10	10	10	Kneeling 45 Degree Curl	<10	12-15	20+
10	10	10	Hammer Curl	<10	12-15	20+
10	10	10	<b>FINISHER:</b> Loaded Slamball Slams	20	20	20

### HIIT Side

Focus: Back/Bi/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
20	30	40	BOSU BR	-	-	-
10	12	15	MYO Supinated Row	-	-	-
10	15	20	BOSU Mtn. Climbers	-	-	-
			2 <sup>nd</sup> 7			
20	30	40	BR In & Outs	-	-	-
10	12	15	MYO Bicep Curl	-	-	-
7	7	7	ALT Plank Kick Through (ea)	-	-	-
5	5	5	<b>FINISHER:</b> Jacks Squared	-	-	-

### 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 <sup>st</sup> 7 Mins				
	TC			
AFAP	Energy Point Challenge	10	18	20
	TC			
Bike Ride: 2 <sup>nd</sup> 7 Mins				
	TC			
0:30	High Watts Hold, RR, complete 3x			
	TC			
	<b>Bike Ride: Finisher</b>			
	Calories on Bike (men +5)	10	12	15

### 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:

<b>Palm Press</b>
<b>Seated glute stretch</b>
<b>Up and Down Neck Flow</b>
<b>Sprinter/Hamstring Flow</b>
<b>Lying Spinal Twist</b>

