



DATE: 1/4  
FORMAT: Wildfire

### STRENGTH Side

Focus: Legs/Abs

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
10	12	12	Sumo Squat	<15	20-30	35+
8	8	8	ALT Back to Front Lunge (ea)	BW	<15	20+
15	15	15	Full Sit-Ups	-	-	-
			2 <sup>nd</sup> 7			
6	6	7	ALT Surrender (ea)	BW	<15	20+
7	7	7	Lateral Lunge (ea)	Bw	<12	15+
10	10	10	Wipers (ea)	<15	20-30	35+
10	10	10	FINISHER: Half Burpee	-	-	-

### HIIT Side

Focus: Legs/Abs/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
7	7	7	ALT Back Lunge Hooper (ea)	<15	20-25	30+
7	7	7	KB SSLDL (ea)	<15	20-25	30+
15	15	15	Jack Knives	-	-	-
			2 <sup>nd</sup> 7			
10	10	10	DBL KB Racked Squat	<15	20-25	30+
15	20	25	B2Ball Squat	-	-	-
10	12	15	Knee Up Crunches	-	-	-
2	3	3	FINISHER: 5:10 Air Jacks/Fast Jacks	-	-	-

### 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				
	TC			
2:00	Distance Progressive Climb-add 1 gear every 0.1	Gear 12	Gear 14	Gear 16
Bike Ride: 2 <sup>nd</sup> 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
Bike Ride: Finisher				
	Calories on Bike	Women 12	Men 20	

### 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:

**Heel Press**  
**Sprinters Rotational Stretch**  
**Cobra**  
**Sprinter/Hamstring Flow**  
**Standing Quad Stretch**