



DATE: 3/14
FORMAT: Wildfire

STRENGTH Side

Focus: Total Body Power

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
8	8	8	Side Plank Press & Roll (ea)	<8	10-12	15+
6	8	10	Sphinx Push-Ups	-	-	-
10	10	10	Supinated Row	<12	15-25	30+
			2 nd 7			
5	5	5	Man Makers	<12	15-25	30+
7	7	7	Single Arm Squat/High Row (ea)	<12	15-25	30+
3	4	4	DB Rover	<12	15-25	30+
8	10	12	FINISHER: Half Burpee			

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
10	15	15	Wallball	<12	16	20
8:8	10:10	12:12	MYO B2G Row/MYO Muscle Up	-	-	-
15	20	25	Little Man in the Woods	-	-	-
			2 nd 7			
6	8	10	In & Outs	-	-	-
8	8	10	KB Clean & Press (DBL)	<15	20-25	30+
6	8	8	Slamball Broad Jump Shuffle	20	20	20
10	15	15	FINISHER: B2B Squats	-	-	-

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				
	Distance on Bike	.2	.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:

Hand Behind Back
Pigeon Pose
Side Reach
Lying Down Hamstring Pull
Lying Arm Reach