



DATE: 4/15
FORMAT: Wildfire

STRENGTH Side

Focus: Total Body

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
7	7	7	Push-Up 2 Snatch (ea)	<10	12-20	25+
7	7	7	Wrecking Balls (ea)	20	20	20
7	7	7	SMS	-	-	-
			2 nd 7			
10	10	10	Warrior Press on BOSU (ea)	<12	15-25	30+
7	7	7	1.5 Sit-Up	-	-	-
10	10	10	ALT Front Raise (ea)	<10	12-15	20+
10:8	12:10	14:12	FINISHER: Air Jacks/Atomic Frog	-	-	-

HIIT Side

Focus: Total Body/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
10	12	15	American KB Swing	<20	25-40	45+
8	10	12	Box Jump	-	-	-
7	7	7	SB Squat High Row	Lt	Lt	Hvy
			2 nd 7			
3	4	5	DAB OTH Stone Carry	Lt	Lt	Hvy
20	30	40	BR w/ Out to In Hop	-	-	-
10	12	15	Pike Shoulder Taps (ea)	-	-	-
8	10	12	FINISHER: Broad Jump Shuffle (holding wallball)	12	16	20

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				
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 nd 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			
Bike Ride: Finisher				
	Distance on Bike	.4	.5	.6

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:

side lying knee bend
Bear hug stretch/Butterfly Stretch
Lying Leg Raise
Sprinter/Hamstring flow
Heel Press