



DATE: 7/29  
FORMAT: Wildfire

### STRENGTH Side

Focus: Chest/Back **\*\*LEVEL UP\*\***

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
6	8	10	Chest Press on TC	<15	20-30	35+
4	6	8	Single Leg Hip Bridge w/ Chest Fly (ea)	<10	12-20	25+
6	8	10	Wide Push-Up	-	-	-
			2 <sup>nd</sup> 7			
4	6	8	Renegade Row	<12	15-25	30+
6	8	10	Single Arm Pronated Row on TC (ea)	<12	15-25	30+
6	8	10	Single Arm Deadlift (ea)	<15	20-30	35+
6:6	8:8	10:10	<b>FINISHER:</b> Straight Arm Sit-Up on TC/ Elbow to Knee on TC (ea)	BW	<10	12+

### HIIT Side

Focus: Chest/Back/HIIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 <sup>st</sup> 7			
15:15	25:25	35:35	ALT BR (ea)/BR In & Outs	-	-	-
6	8	10	KB Chest Press on box	<15	20-30	35+
4	6	8	Broad Jump/Box Jump	-	-	-
			2 <sup>nd</sup> 7			
4	5	6	Rainbow Slams (ea)	20	20	20
6	8	10	MYO Parallel Row	-	-	-
4	6	8	180 Burpee Jump	-	-	-
8	10	12	<b>FINISHER:</b> Myo Roll Outs	-	-	-

### 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				
AFAP	Distance	0.3	0.5	0.8
	TC			
Bike Ride: 2 <sup>nd</sup> 7 mins				
AFAP	Energy Points	10	20	25
	TC			
Bike Ride: Finisher				
	Distance on Bike	.2	.3	.4

### 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>V-Punches</b>
<b>Wipers</b>
<b>Toe Press Ups</b>
<b>Crunch</b>
<b>Buzz Saw Plank</b>