



DATE: 8/28
FORMAT: Wildfire

STRENGTH Side

Focus: Arms

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
10	10	10	ISO Skull Crusher (ea)	<10	12-15	20+
5	6	7	IVT Raise	<10	12-15	20
8	8	8	Sphinx Push-Ups	-	-	-
			2 nd 7			
10	10	10	DB Clean & Press	<12	15-25	30+
8	8	8	ALT Crossbody Hammer Curl (ea)	<12	15-20	25+
7	7	7	Grave Digger (ea)	<12	15-20	25+
8	10	12	FINISHER: Kneeling 45 Degree Curl	<12	15-20	25+

HIIT Side

Focus: Arms/HiIT

L1	L2	L3	Exercise:	L1	L2	L3
			1 st 7			
8	10	12	ALT BR Surrenders (ea)	-	-	-
8	8	10	Kneeling Halo (ea)	<15	20-25	30+
10	12	15	Jumping Wallballs	<12	16	20
			2 nd 7			
5	5	6	KB Double Double	<15	20-25	30+
15	20	25	BR ISO Slams (ea)	-	-	-
10	12	15	Triceps Push-Ups	-	-	-
15	25	35	FINISHER: ALT Jump Rope (ea)	-	-	-

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

Ab Protocol:

ALT Leg Raise (ea)
Crossbody Crunch
Crossbody Crunch
Full Sit-Ups
Hollow Body Hold