

CLASS NAME | Octane Fitness team workout -- Monday 5/19

CLASS GOAL | *Stability Ball Core Strength*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Alternating reverse lunges with wood chop on stability ball	
7-9	CARDIO	
9-11	Seated overhead press	Light to medium weight/resistance bands
11-13	CARDIO	
13-15	Seated bent over reverse fly	Light to medium weight/resistance bands
15-17	CARDIO	
17-19	Stability ball stir the pot	
19-21	CARDIO	
21-23	Seated goal posts	Light to medium weight/resistance bands
23-25	CARDIO	
25-27	Pushup with knee tuck	Top of foot on ball
27-29	CARDIO	
29-31	Seated bicep curls	Medium to heavy weight/resistance bands
31-33	CARDIO	
33-35	Plank step ups	Need a ledge or step
35-37	CARDIO	
37-39	Tricep skull crushers on stability ball	Light to medium weight/resistance bands
39-41	CARDIO	
41-43	Supine chest fly	Medium weight/resistance bands
43-45	COOL DOWN	