

CLASS NAME | Octane Fitness team workout -- Monday 6/2
CLASS GOAL | Full Body Strength

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Single arm extended overhead press	Light to medium weight/resistance bands
7-9	CARDIO	
9-11	Shoulder shrug with alternating single arm lateral raises	Light to medium weight/resistance bands
11-13	CARDIO	
13-15	Single leg deadlift - Right	Medium to heavy weight/resistance bands
15-17	CARDIO	
17-19	Single leg deadlift - Left	Medium to heavy weight/resistance bands
19-21	CARDIO	
21-23	T pushups	
23-25	CARDIO	
25-27	Good morning	Light to medium weight/resistance bands
27-29	CARDIO	
29-31	Plyo lunges	
31-33	CARDIO	
33-35	Bicep curl with forward raise	Light to medium weight/resistance bands
35-37	CARDIO	
37-39	Iron cross	Light to medium weight/resistance bands
39-41	CARDIO	
41-43	Squat with tricep kickback	Light to medium weight/resistance bands
43-45	COOL DOWN	