

CLASS NAME | Octane Fitness team workout -- Monday 6/23
CLASS GOAL | *Upper Body Strength*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Standing chest press	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Upright rows	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Cross over bicep curl	Medium to heavy weight/resistance band
15-17	CARDIO	
17-19	Forward lunge with alternating twists	Medium to heavy weight/resistance band
19-21	CARDIO	
21-23	V Raise	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Frog pushups	
27-29	CARDIO	
29-31	Supine skull crushers	Medium to heavy weight/resistance band
31-33	CARDIO	
33-35	Plank with shoulder taps	
35-37	CARDIO	
37-39	Bent over row with twist	Medium to heavy weight/resistance band
39-41	CARDIO	
41-43	Wrist twists	Light to medium weight/resistance band
43-45	COOL DOWN	