

CLASS NAME | Octane Fitness team workout -- Monday 6/9

CLASS GOAL | ***Core Strength with Chair***

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Push up on weight with reverse row and shoulder press - Right	Medium weight
7-9	CARDIO	
9-11	Push up on weight with reverse row and shoulder press - Left	Medium weight
11-13	CARDIO	
13-15	Wood chop with leg abduction - Right	Light weight
15-17	CARDIO	
17-19	Wood chop with leg abduction - Left	Light weight
19-21	CARDIO	
21-23	Single leg squat with bicep curl and knee lift - Right	Medium to heavy weight
23-25	CARDIO	
25-27	Single leg squat with bicep curl and knee lift - Left	Medium to heavy weight
27-29	CARDIO	
29-31	With chair - ups and downs with tricep overhead	Medium weight stand overhead, sit overhead
31-33	CARDIO	
33-35	Lateral raises with leg on chair and alternating legs	Light weight
35-37	CARDIO	
37-39	Weighted tricep dips on chair	1 medium weight on lap
39-41	CARDIO	
41-43	Bent over reverse fly	Medium to heavy weight
43-45	COOL DOWN	