

CLASS NAME | Octane Fitness team workout -- Monday 6/30

CLASS GOAL | *Insane Core Workout*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Row the boat	Medium weight/resistance band
7-9	CARDIO	
9-11	Staggered pushup - Right	
11-13	CARDIO	
13-15	Staggered pushup - Left	
15-17	CARDIO	
17-19	Walking planks	
19-21	CARDIO	
21-23	Two by two knee hops	
23-25	CARDIO	
25-27	Reverse bicep curl	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Side burpees	
31-33	CARDIO	
33-35	Reverse row with alternating tap backs	Medium weight/resistance band
35-37	CARDIO	
37-39	Squat with tricep kickbacks and alternating glute kicks	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Butt-ups	
43-45	COOL DOWN	