

CLASS NAME | Octane Fitness team workout -- Monday 7/14

CLASS GOAL | *Cardio Strength*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Pliat squat with single arm raise	30 seconds right/30 seconds left
7-9	CARDIO	
9-11	Insanity jacks	
11-13	CARDIO	
13-15	Weighted walking lunges	Medium to heavy weight/resistance band
15-17	CARDIO	
17-19	Iron cross	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Bent over reverse row	Medium to heavy weight/resistance band
23-25	CARDIO	
25-27	"Real" burpee (with chest down pushup)	
27-29	CARDIO	
29-31	Reverse hammer curls	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Weighted wall sit	1 medium to heavy weight
35-37	CARDIO	
37-39	Tricep kickbacks (with palms up)	Take up, hold, bring in/out (30 seconds)
39-41	CARDIO	
41-43	Stir the pot (alternating right then left)	1 medium to heavy weight
43-45	COOL DOWN	