

CLASS NAME | Octane Fitness team workout -- Monday 7/21

CLASS GOAL | ***Strength and Core***

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Shoulder press to chest press	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Push up to floor jack	
11-13	CARDIO	
13-15	Squat to plank	
15-17	CARDIO	
17-19	Bicep curl with isometric squat	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Plank with tricep kickback - Right	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Plank with tricep kickback - Left	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Bent over reverse row - palms up	Medium weight/resistance band
31-33	CARDIO	
33-35	Plank with palms to elbows	
35-37	CARDIO	
37-39	Bent arm lateral raises with leg abductors (30 seconds each side)	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Kettle bell swing	1 medium to heavy weight
43-45	COOL DOWN	