

CLASS NAME | Octane Fitness team workout -- Monday 7/28

CLASS GOAL | *Full Body*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Moving pushups	
7-9	CARDIO	
9-11	Side plank pull down - Right	1 light to medium weight
11-13	CARDIO	
13-15	Side plank pull down - Left	1 light to medium weight
15-17	CARDIO	
17-19	Reverse lunge and row	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Pliat squat with heel lifts	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Skates with weight	1 light to medium weight
27-29	CARDIO	
29-31	Curtsy curls - Right	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Curtsy curls - Left	Light to medium weight/resistance band
35-37	CARDIO	
37-39	Forward lunge with twist	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Tricep overheads	Medium to heavy weight/resistance band
43-45	COOL DOWN	