

CLASS NAME | Octane Fitness team workout -- Monday 8/11
CLASS GOAL | Core Strength

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Plank pushups w/ alternating reverse rows	Light to medium weight / resistance bands
7-9	CARDIO	
9-11	Plank jacks with in & out leg kicks	Light to medium weight / resistance bands
11-13	CARDIO	
13-15	Alternating squats w/ single arm overheads	Light to medium weight / resistance bands
15-17	CARDIO	
17-19	Bicep curl w/ rotation (pulms up)	Medium to heavy weight / resistance bands
19-21	CARDIO	
21-23	Lateral raise to front raise	Light to medium weight / resistance bands
23-25	CARDIO	
25-27	Supine chest fly - legs down and up	Light to medium weight / resistance bands
27-29	CARDIO	
29-31	Side to side burpees	
31-33	CARDIO	
33-35	Oblique roll - right	1 medium to heavy weight / resistance band
35-37	CARDIO	
37-39	Oblique roll - left	1 medium to heavy weight / resistance band
39-41	CARDIO	
41-43	Tricep squat push ups	
43-45	COOL DOWN	