

CLASS NAME | Octane Fitness team workout -- Monday 8/18
CLASS GOAL | *Upper Body Strength*

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	T pushups	
11-13	CARDIO	
13-15	Bicep curls	Medium to heavy weight/resistance band
15-17	CARDIO	
17-19	Lateral raises with shoulder rotation	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Supine chest press	Medium to heavy weight/resistance band
23-25	CARDIO	
25-27	Tricep pushups	
27-29	CARDIO	
29-31	Upright row with forward raise	Medium weight/resistance band
31-33	CARDIO	
33-35	Bent over reverse grip reverse row	Medium to heavy weight/resistance band
35-37	CARDIO	
37-39	Weighted side plank hip dip	1 light to medium weight
39-41	CARDIO	
41-43	Bent over tricep kickbacks	Medium to heavy weight/resistance band
43-45	COOL DOWN	