

CLASS NAME | Octane Fitness team workout -- Monday 8/4
CLASS GOAL | Total Body

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Shoulder-to-shoulder press	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Staggered pushup - Right	
11-13	CARDIO	
13-15	Staggered pushup - Left	
15-17	CARDIO	
17-19	Single arm weight snatch - Right	1 light to medium weight
19-21	CARDIO	
21-23	Single arm weight snatch - Left	1 light to medium weight
23-25	CARDIO	
25-27	Weighted side lunge - Right	Medium weight/resistance band
27-29	CARDIO	
29-31	Weighted side lunge - Left	Medium weight/resistance band
31-33	CARDIO	
33-35	Deadlift burpee	Light to medium weight/resistance band
35-37	CARDIO	
37-39	Bent over weight raise	1 light to medium weight
39-41	CARDIO	
41-43	Pliat squat with tricep overhead	Light to medium weight/resistance band
43-45	COOL DOWN	