

CLASS NAME | Octane Fitness team workout -- Tuesday 9/2

CLASS GOAL | *Core and Strength*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Squat with forward raise	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Squat jumps	
11-13	CARDIO	
13-15	Bent over reverse fly	Medium to heavy weight/resistance band
15-17	CARDIO	
17-19	Alternating pushups	1 weight - alternating hands on weight
19-21	CARDIO	
21-23	Supine chest fly with bridge	Medium to heavy weight/resistance band
23-25	CARDIO	
25-27	Walking lunges with knee lifts	Medium to heavy weight/resistance band
27-29	CARDIO	
29-31	Curl and press	Medium to heavy weight/resistance band
31-33	CARDIO	
33-35	Side lunge with twist - 30 sec each side	Medium weight/resistance band
35-37	CARDIO	
37-39	Goal posts	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Crab crawl with dips	
43-45	COOL DOWN	