

CLASS NAME | Octane Fitness team workout -- Monday 10/20

CLASS GOAL | **MMA (Mixed Martial Arts) Workout**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Sumo squat with overhead press	Medium weight
7-9	CARDIO	
9-11	Jab/Cross combo	Light to medium weight
11-13	CARDIO	
13-15	Alternating pushups with 4 mountain climbers	
15-17	CARDIO	
17-19	Jab/Cross/Duck combo	Light to medium weight
19-21	CARDIO	
21-23	Right high block with right upper cut	Light to medium weight
23-25	CARDIO	
25-27	Jab/Cross/Duck/Upper Cut combo	Light to medium weight
27-29	CARDIO	
29-31	Tricep dips on weights	
31-33	CARDIO	
33-35	Jab/Cross/Duck/Upper Cut/Hook combo	Light to medium weight
35-37	CARDIO	
37-39	Reverse lunge with front kick (30 seconds Right then 30 seconds Left)	Medium weight
39-41	CARDIO	
41-43	Goal posts	Light weight
43-45	COOL DOWN	