

CLASS NAME | Octane Fitness team workout -- Monday 10/27

 CLASS GOAL | **Cardio Strength**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Renegade rows	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Upright rows	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Floor jack pushups	
15-17	CARDIO	
17-19	Burpees	
19-21	CARDIO	
21-23	Overhead pull to crunch	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Reverse grip row	Medium weight/resistance band
27-29	CARDIO	
29-31	Jack presses	1 medium weight/resistance band
31-33	CARDIO	
33-35	Right forward lunge and reverse lunge with bicep curls	Medium to heavy weight/resistance band
35-37	CARDIO	
37-39	Left forward lunge and reverse lunge with lateral raises	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Tricep overhead with leg abductors	Light to medium weight/resistance band
43-45	COOL DOWN	