

CLASS NAME | Octane Fitness team workout -- Monday 10/6

 CLASS GOAL | **Cardio Strength**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Pilat squat with upright row	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Double knee hops	
11-13	CARDIO	
13-15	Tricep pushups	
15-17	CARDIO	
17-19	Overhead press with knee lift	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Supine chest press with legs up	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Fast feet	
27-29	CARDIO	
29-31	Plank pike up	On elbows
31-33	CARDIO	
33-35	Bicep curls with overhead press	Light to medium weight/resistance band
35-37	CARDIO	
37-39	Wall sits with twist	1 medium to heavy weight
39-41	CARDIO	
41-43	Bent over reverse row	Light to medium weight/resistance band
43-45	COOL DOWN	