

CLASS NAME | Octane Fitness team workout -- Monday 9/29
CLASS GOAL | *Core and Strength with Legs!*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Squat pulses - alternating knees	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Overhead presses with alternating side leg	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Squat to plank	
15-17	CARDIO	
17-19	Jumping jacks with weights	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Supine chest press with crunch	Medium to heavy weight/resistance band
23-25	CARDIO	
25-27	Chest fly with leg lift	Medium weight/resistance band
27-29	CARDIO	
29-31	Bicep curls	Medium to heavy weight/resistance band
31-33	CARDIO	
33-35	Plank with knees in and across	Alternate legs every 30 seconds
35-37	CARDIO	
37-39	Tricep presses - alternating single leg stand	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Pushups with alternating reverse row	Light to medium weight/resistance band
43-45	COOL DOWN	