

CLASS NAME | Octane Fitness team workout -- Monday 11/10

 CLASS GOAL | ***Strength & Core***

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Squat with shoulder press & rotation	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Pushup with reverse rows	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Bicep curl with front press	Light to medium weight/resistance band
15-17	CARDIO	
17-19	Skiing with rotation	Medium to heavy weight/resistance band
19-21	CARDIO	
21-23	Standing v-raise	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Reverse plank with alternating leg raises	
27-29	CARDIO	
29-31	Plank with side arm hold	Alternating 30 seconds each arm
31-33	CARDIO	
33-35	Jack crosses	
35-37	CARDIO	
37-39	Dead lift with reverse lunges	Medium to heavy weight/resistance band
39-41	CARDIO	
41-43	Bent over tricep raises	Light to medium weight/resistance band
43-45	COOL DOWN	