

CLASS NAME | Octane Fitness team workout -- Monday 12/23

CLASS GOAL | Strength and Core Blast

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Plank pushup with reverse row - Right	1 medium weight/resistance band
7-9	CARDIO	
9-11	Plank pushup with reverse row - Left	1 medium weight/resistance band
11-13	CARDIO	
13-15	Mountain climbers	Elevated mountain climbers
15-17	CARDIO	
17-19	Squat with overhead press - Right	1 medium weight/resistance band
19-21	CARDIO	
21-23	Squat with overhead press - Left	1 medium weight/resistance band
23-25	CARDIO	
25-27	Plank with runner lunge - Right	
27-29	CARDIO	
29-31	Plank with runner lunge - Left	
31-33	CARDIO	
33-35	Wide bicep curl	Medium to heavy weight/resistance bands
35-37	CARDIO	
37-39	Bent over reverse fly	Medium to heavy weight/resistance bands
39-41	CARDIO	
41-43	Overhead tricep extension	Light to medium weight/resistance bands
43-45	COOL DOWN	