

CLASS NAME | Octane Fitness team workout -- Monday 12/9

CLASS GOAL | Lots -0- Strength

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Pushup with knee in	Alternate knees
7-9	CARDIO	
9-11	Low squat hops	Light to medium weight/resistance bands
11-13	CARDIO	
13-15	Bent arm lateral raise with arm extension	Light to medium weight/resistance bands
15-17	CARDIO	
17-19	Cross over lunge with weight - Right	Light to medium weight/ resistance bands at chest level
19-21	CARDIO	
21-23	Cross over lunge with weight - Left	Light to medium weight/ resistance bands at chest level
23-25	CARDIO	
25-27	Overhead press with tricep overhead	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Single arm reverse fly - Right	1 medium weight/resistance band
31-33	CARDIO	
33-35	Single arm reverse fly - Left	1 medium weight/resistance band
35-37	CARDIO	
37-39	Pliat squat hold with isometric chest press	
39-41	CARDIO	
41-43	Bicep curl with hammer curl	Alternate arms for 30 sec. intervals
43-45	COOL DOWN	