

CLASS NAME | Shoulder and Arms
CLASS GOAL | Increase strength in upper body

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	<i>Tricep Kickbacks</i>	<i>Tricep kickback balancing on one leg</i>
7-9	CARDIO	
9-11	<i>Shoulder Press</i>	<i>Shoulder press with a squat</i>
11-13	CARDIO	
13-15	<i>Alt. cross over bicep curl</i>	<i>Alt cross over biceps curl w/alt. lunge</i>
15-17	CARDIO	
17-19	<i>Triceps overhead</i>	<i>Triceps overhead with a sumo squat</i>
19-21	CARDIO	
21-23	<i>Lateral raise</i>	<i>Lateral raise with lateral lunge</i>
23-25	CARDIO	
25-27	<i>Bicep curl</i>	<i>Bicep curl with static lunge</i>
27-29	CARDIO	
29-31	<i>Rear delt press</i>	<i>Rear delt press on one leg</i>
31-33	CARDIO	
33-35	<i>Front raise</i>	<i>Front raise with reverse lunge</i>
35-37	CARDIO	
37-39	<i>Upright row</i>	<i>Upright row with plie squat</i>
39-41	CARDIO	
41-43	<i>Lateral raise</i>	<i>Lateral raise with static lunge</i>
43-45	COOL DOWN	