

CLASS NAME | Plyo Power
CLASS GOAL | Increase speed, agility, strength, stamina and cardio endurance for any sport

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	<i>Speed skater</i>	<i>Speed skater w/weight</i>
7-9	CARDIO	
9-11	<i>Mountain climber off blocks</i>	<i>Mountain climber w/twist off block</i>
11-13	CARDIO	
13-15	<i>Hip-twist ankle hop</i>	<i>Hip-twist ankle hop w/weight</i>
15-17	CARDIO	
17-19	<i>Jump lunge x 10 ea leg</i>	<i>Jump lunge, jump lunge, squat x 10</i>
19-21	CARDIO	
21-23	<i>Jumping jacks</i>	<i>Jumping jacks with weights</i>
23-25	CARDIO	
25-27	<i>Snowboarder</i>	<i>Snowboarder w/weight</i>
27-29	CARDIO	
29-31	<i>Lateral two foot hops</i>	<i>Single leg lat hops 1 min ea</i>
31-33	CARDIO	
33-35	<i>Pushup off block</i>	<i>Fast pushup off block</i>
35-37	CARDIO	
37-39	<i>Side winder</i>	<i>Side winder w/weight</i>
39-41	CARDIO	
41-43	<i>Front punches</i>	<i>Front punches w/weights</i>
43-45	COOL DOWN	

CROSS CIRCUIT SOFTWARE PROGRAMS

Each Octane machine has built-in CROSS CIRCUIT software that allows you to run a class where total time and calories are recorded when people are on and off the machine.

To start the program, have users press the **PROGRAM** button, then press the **DOWN ARROW**. Next, hit **ENTER** when they see **CROSS CIRCUIT Group**.

If a user is going to perform a CROSS CIRCUIT program alone, he/she can use the **CROSS CIRCUIT Solo** workout. This program allows users to enter the cardio duration and number of reps for each strength interval.