



CROSS CiRCUIT Workout

CLASS NAME: CROSS CiRCUIT BOSU Fusion 1

CLASS GOAL: Total body workout incorporating a BOSU ball

Minutes	Activity
1-5	WARM-UP
5-6	↓ BOSU Squat - medium
6-7	CARDIO LEVEL 7
7-8	↓ BOSU shoulder press – low/medium
8-9	CARDIO LEVEL 7
9-10	↑ BOSU bridge w/chest press - heavy
10-11	CARDIO LEVEL 8
11-12	↑ BOSU alternating lunge to ball - medium
12-13	CARDIO LEVEL - 8
13-14	↓ BOSU upright row - medium
14-15	CARDIO LEVEL 8 walk 15 sprint 30 walk 15
15-16	↓ BOSU pushups
16-17	CARDIO LEVEL 9
17-18	↓ BOSU Squat - medium
18-19	CARDIO LEVEL 9
19-20	↓ BOSU shoulder press – low/medium
20-21	CARDIO LEVEL 9 – alternating walk 10 seconds squat 10 seconds
21-22	↑ BOSU bridge w/chest press - heavy
22-23	CARDIO LEVEL 10
23-24	↑ BOSU alternating lunge to ball - medium
24-25	CARDIO LEVEL 10
25-26	↓ BOSU upright row - medium
26-27	CARDIO LEVEL 11
27-28	↓ BOSU pushups
28-30	COOL DOWN

CROSS CiRCUIT SAFETY AND PROGRAMMING

Four easy things to remember before each workout

1. Stop arms and pedals before getting off the machine	2. Adjust weights appropriately for mixed cardio & strength	3. Fit PowerBlock pin fully and securely in PowerBlock before lifting	4. Exit first, only use PowerBlocks on the ground, not on the machine
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.	To perform a CROSS CiRCUIT program alone, use the CROSS CiRCUIT Solo program. This program allows users to enter the cardio duration and number of reps for each strength interval.	