

CLASS NAME | Cross Circuit Hockey - Workout 1

CLASS GOAL | Increase strength and endurance for your hockey game

MINUTES	
1-4	WARM-UP - LEVEL 8
4-5	<i>Squat - heavy</i>
5-6	CARDIO - LEVEL 10
6-7	<i>Chest press on ball or supine - heavy</i>
7-8	CARDIO - LEVEL 10
8-9	<i>Single leg squat Right leg only - medium</i>
9-10	CARDIO - LEVEL 12 - 30 SECOND FAST AND SLOW
10-11	<i>Single leg pushup 30 seconds each leg</i>
11-12	CARDIO - LEVEL 12
12-13	<i>Single leg squat Left leg only - medium</i>
13-14	CARDIO - LEVEL 14
14-15	<i>Squat jumps</i>
15-16	CARDIO - LEVEL 10
16-17	<i>Squat - heavy</i>
17-18	CARDIO - LEVEL 12
18-19	<i>Chest press on ball or supine - heavy</i>
19-20	CARDIO - LEVEL 12 - 30 SECONDS FAST AND SLOW
20-21	<i>Single leg squat Right leg only - medium</i>
21-22	CARDIO - LEVEL 14
22-23	<i>Single leg push up 30 seconds each leg</i>
23-24	CARDIO - LEVEL 16
24-25	<i>Single leg squat Left leg only - medium</i>
25-27	CARDIO - LEVEL 14 ALTERNATING SQUAT EVERY 15 SECONDS
27-30	COOL-DOWN

CROSS CIRCUIT SOFTWARE PROGRAMS

Four easy things to remember - review before every class

1. Stop arms and pedals before getting off the machine
2. Adjust weights appropriately for mixed cardio & strength - do not use max weights
3. Fit PowerBlock pin fully and securely in PowerBlock before lifting
4. Exit first, only use PowerBlocks when on the ground, not on the machine

CLASS NAME | Cross Circuit Hockey - Workout 2

CLASS GOAL | Increase strength and endurance for your hockey game

MINUTES	
1-4	WARM-UP - LEVEL 8
4-5	<i>Deadlift - heavy</i>
5-6	CARDIO - LEVEL 10
6-7	<i>Plank alternating raising opposite arm and leg</i>
7-8	CARDIO - LEVEL 10
8-9	<i>Single leg deadlift Right leg only - medium</i>
9-10	CARDIO - LEVEL 12 - 30 SECONDS FAST AND SLOW
10-11	<i>V sit with Russian twist - medium</i>
11-12	CARDIO - LEVEL 12
12-13	<i>Single leg deadlift Left leg only - medium</i>
13-14	CARDIO - LEVEL 14
14-15	<i>Speedskaters - 1 medium weight</i>
15-16	CARDIO - LEVEL 10
16-17	<i>Deadlift - heavy</i>
17-18	CARDIO - LEVEL 12
18-19	<i>Plank alternating raising opposite arm and leg</i>
19-20	CARDIO - LEVEL 12 - 30 SECONDS FAST AND SLOW
20-21	<i>Single leg deadlift Right leg only - medium</i>
21-22	CARDIO - LEVEL 14
22-23	<i>V sit with Russian twist - medium</i>
23-24	CARDIO - LEVEL 16
24-25	<i>Single leg deadlift Left leg only - medium</i>
25-27	CARDIO - LEVEL 14 ALTERNATING SQUAT EVERY 15 SECONDS
27-30	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.

To perform a CROSS CIRCUIT program alone, use the CROSS CIRCUIT Solo workout. This program allows users to enter the cardio duration and number of reps for each strength interval.