



## CROSS CiRCUIT Workout

### CLASS NAME: Medicine Ball Fusion 1

**CLASS GOAL: Total body workout incorporating medicine ball**

Minutes	Activity
1-5	WARM-UP
5-6	Squat with shoulder press
6-7	CARDIO LEVEL 7
7-8	Pushup 2 hands on ball
8-9	CARDIO LEVEL 7
9-10	Squat with figure 8
10-11	CARDIO LEVEL 8
11-12	Superman holding ball
12-13	CARDIO LEVEL - 8
13-14	Overhead triceps extension
14-15	CARDIO LEVEL 8 sprint 30/walk 30
15-16	Crunch with feet up reaching to feet with ball
16-17	CARDIO LEVEL 9
17-18	Squat with shoulder press
18-19	CARDIO LEVEL 9
19-20	Pushup 2 hands on ball
20-21	CARDIO LEVEL 9 – squat every 15 seconds
21-22	Squat with figure 8
22-23	CARDIO LEVEL 10
23-24	Superman holding ball
24-25	CARDIO LEVEL 10
25-26	Overhead triceps extension
26-27	CARDIO LEVEL 11
27-28	Crunch with feet up reaching to feet with ball
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.