



CROSS CiRCUIT Workout

CLASS NAME: Medicine Ball Fusion 2

CLASS GOAL: Total body workout incorporating medicine ball

Minutes	Activity
1-5	WARM-UP
5-6	Lunge with twist
6-7	CARDIO LEVEL 7
7-8	Glute bridge/chest fly 1 arm at a time
8-9	CARDIO LEVEL7
9-10	Reaching Romanian deadlift R leg
10-11	CARDIO LEVEL 8
11-12	Reaching Romanian deadlift L leg
12-13	CARDIO LEVEL - 8
13-14	Pushup 1 hand on ball, roll ball to other hand pushup
14-15	CARDIO LEVEL 8 sprint 30/walk 30
15-16	V sit Russian twist
16-17	CARDIO LEVEL 9
17-18	Lunge with twist
18-19	CARDIO LEVEL 9
19-20	Glute bridge/chest fly 1 arm at a time
20-21	CARDIO LEVEL 9 – squat every 15 seconds
21-22	Reaching Romanian dead lift R leg
22-23	CARDIO LEVEL 10
23-24	Reaching Romanian dead lift L leg
24-25	CARDIO LEVEL 10
25-26	Pushup 1 hand on ball, roll ball to other hand pushup
26-27	CARDIO LEVEL 11
27-28	V sit Russian twist
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.