



## CROSS CiRCUIT Workout

### CLASS NAME: Run Stronger

**CLASS GOAL: Improve strength for stronger running**

Minutes	Activity		
1-5	WARM-UP		
5-6:30	Romanian deadlift – heavy		
6:30-8	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 8		
8-9:30	Hip Abduction 30 sec each side – light weight on outer thigh		
9:30-11	CARDIO LEVEL 6		
11-12:30	Squat – medium		
12:30-14	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 8		
14-15:30	Hip Adduction 30 sec each side – light weight on outer thigh		
15:30-17	CARDIO LEVEL 6		
17-18:30	Alternating front lunge – medium		
18:30-20	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 8		
20-21:30	Pushup		
21:30-23	CARDIO LEVEL 6		
23-24:30	Romanian deadlift – heavy		
24:30-26	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 10		
26-27:30	Hip Abduction 30 sec each side – light weight on outer thigh		
27:30-29	CARDIO LEVEL 8		
29-30:30	Squat – medium		
30:30-33	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 10		
33-34:30	Hip Adduction 30 sec each side – light weight on outer thigh		
34:30-36	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 10		
36-37:30	Alternating front lunge – medium		
37:30-39	CARDIO LEVEL 8		
39-40:30	Pushup		
40:30-42	CARDIO – 30 SEC WALK/30 SEC SPRINT/30 SEC WALK LEVEL 10		
42-45	COOL DOWN		
<b>CROSS CiRCUIT SAFETY AND PROGRAMMING</b>			
<b>Four easy things to remember before each workout</b>			
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.	