



## CROSS CiRCUIT Workout

**CLASS NAME: CROSS CiRCUIT Swiss Ball Fusion**

**CLASS GOAL: Total body workout incorporating a Swiss Ball**

Minutes	Activity
1-5	WARM-UP
5-6	Swiss ball supine hamstring curl
6-7	CARDIO LEVEL 7
7-8	Swiss ball seated biceps curl - medium
8-9	CARDIO LEVEL 7
9-10	Squat with figure 8 holding Swiss ball
10-11	CARDIO LEVEL 8
11-12	Swiss ball chest press - heavy
12-13	CARDIO LEVEL – 8 SQUAT EVERY 10 SECONDS
13-14	Swiss ball around the world - medium
14-15	CARDIO LEVEL 8 all arms
15-16	Swiss ball supine grab and reach (abs)
16-17	CARDIO LEVEL 9
17-18	Swiss ball supine hamstring curl
18-19	CARDIO LEVEL 9
19-20	Swiss ball seated biceps curl - medium
20-21	CARDIO LEVEL 9 – SQUAT EVERY 10 SECONDS
21-22	Squat with figure 8 holding Swiss ball
22-23	CARDIO LEVEL 10
23-24	Swiss ball chest press - heavy
24-25	CARDIO LEVEL 10
25-26	Swiss ball around the world - medium
26-27	CARDIO LEVEL 11
27-28	Swiss ball grab and reach (abs)
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.	