

CLASS NAME | **Cross Circuit Tennis**

CLASS GOAL | For better performance on and off the court

| MINUTES | ACTIVITY |
|---------|--|
| 1-4 | WARM-UP - LEVEL 5 |
| 4-5 | <i>Woodchop weight right to left - medium</i> |
| 5-6 | CARDIO - LEVEL 6 |
| 6-7 | <i>Woodchop weight left to right - medium</i> |
| 7-8 | CARDIO - LEVEL 6 |
| 8-9 | <i>Supine chest press - heavy</i> |
| 9-10 | CARDIO - LEVEL 7 |
| 10-11 | <i>Alternating lunges with trunk rotation - medium</i> |
| 11-12 | CARDIO - LEVEL 7 |
| 12-13 | <i>Lateral hop to balance</i> |
| 13-14 | CARDIO - LEVEL 8 |
| 14-15 | <i>Lateral raise - low</i> |
| 15-16 | CARDIO - LEVEL 8 |
| 16-17 | <i>Internal rotation - low</i> |
| 17-18 | CARDIO - LEVEL 9 |
| 18-19 | <i>External rotation - low</i> |
| 19-20 | COOL-DOWN - LEVEL 4 |

RUNNING A CROSS CIRCUIT CLASS SAFELY

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

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|---------|--|
| 1-4 | WARM-UP - LEVEL 5 |
| 4-5 | <i>Alternating lunge with curl to press - medium</i> |
| 5-6 | CARDIO - LEVEL 6 |
| 6-7 | <i>Single leg squat right - Low</i> |
| 7-8 | CARDIO - LEVEL 6 |
| 8-9 | <i>Single leg squat left - low</i> |
| 9-10 | CARDIO - LEVEL 7 |
| 10-11 | <i>Upright row - medium</i> |
| 11-12 | CARDIO - LEVEL 7 |
| 12-13 | <i>Jump Squats</i> |
| 13-14 | CARDIO - LEVEL 8 |
| 14-15 | <i>Single arm single leg row right - medium</i> |
| 15-16 | CARDIO - LEVEL 8 |
| 16-17 | <i>Single arm single leg row left - medium</i> |
| 17-18 | CARDIO - LEVEL 9 |
| 18-19 | <i>T pushup</i> |
| 19-20 | COOL-DOWN - LEVEL 4 |

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.