



CROSS CiRCUIT Workout

CLASS NAME: Cross Circuit Cycle

CLASS GOAL: Improve strength and endurance on the bike

Minutes	Activity
1-5	WARM-UP
5-6	Squat - heavy
6-7	CARDIO LEVEL 8
7-8	Standing torso twist - low
8-9	CARDIO LEVEL 8
9-10	Split squat 30 sec each side - medium
10-11	CARDIO LEVEL 10
11-12	Basic crunch
12-13	CARDIO LEVEL 10
13-14	Drag curl - medium
14-15	CARDIO LEVEL 8
15-16	Plank
16-17	CARDIO LEVEL 8
17-18	Squat - heavy
18-19	CARDIO LEVEL 10
19-20	Standing torso twist - low
20-21	CARDIO LEVEL 10
21-22	Split squat 30 sec each side - medium
22-23	CARDIO LEVEL 8
23-24	Basic crunch
24-25	CARDIO LEVEL 8
25-26	Drag curl - medium
26-27	CARDIO LEVEL 12
27-28	Plank
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.