

CLASS NAME | Octane Fitness team workout -- Monday 12/2

CLASS GOAL | Full Body Workout

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Upright row with overhead press	Light to Medium weight/resistance bands
7-9	CARDIO	
9-11	Reverse lunge with reverse fly	Alternating reverse lunges light weight/resistance bands
11-13	CARDIO	
13-15	Wide stance push ups	
15-17	CARDIO	
17-19	Wide hop - forward/back burpee	
19-21	CARDIO	
21-23	Reverse hammer curls	Medium to heavy weight/resistance bands
23-25	CARDIO	
25-27	Plank w/oblique twist and weights	Right side 1 minute light weight/resistance bands
27-29	CARDIO	
29-31	Plank w/oblique twist and weights	Right side 1 minute light weight/resistance bands
31-33	CARDIO	
33-35	Low squat hops	Hold 1 light to medium weight/resistance band
35-37	CARDIO	
37-39	Tricep kicks	
39-41	CARDIO	
41-43	Deadlifts	Medium to heavy weight/resistance bands
43-45	COOL DOWN	