

CLASS NAME | Octane Fitness team workout -- Monday 1/20

CLASS GOAL | MMA (Cardio Kickbox workout with weights)

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Upright rows	Medium to heavy weight/resistance band
7-9	CARDIO	
9-11	Jab / Cross combo	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Burpees with overhead press	Light to medium weight/resistance band
15-17	CARDIO	
17-19	Jab / Cross / Knee combo	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Single arm bent over row (punch down) - Right	Medium to heavy weight/resistance band
23-25	CARDIO	
25-27	Jab / Cross / Knee / Back kick combo	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Single arm bent over row (punch down) - Left	Medium to heavy weight/resistance band
31-33	CARDIO	
33-35	Jab / Cross / Knee / Back kick / Front kick combo	Light to medium weight/resistance bands
35-37	CARDIO	
37-39	Upper cuts with weight/resistance bands	Medium to heavy weight/resistance bands
39-41	CARDIO	
41-43	Squat front kicks	Light to medium weight/resistance bands
43-45	COOL DOWN	