

CLASS NAME | Octane Fitness team workout -- Monday 1/27

CLASS GOAL | *Work that Body!*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Inch work pushups with hop	
7-9	CARDIO	
9-11	Plank - palm to elbows	
11-13	CARDIO	
13-15	Squat with reverse lunge - Right	Light to medium weight/resistance band
15-17	CARDIO	
17-19	Squat with reverse lunge - Left	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Star jacks	
23-25	CARDIO	
25-27	Supine chest fly - legs down and up	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Forward raise to lateral raise	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Lateral raise to forward raise	Light to medium weight/resistance band
35-37	CARDIO	
37-39	V sit with bicep curls	Light to heavy weight/resistance band
39-41	CARDIO	
41-43	Squat with alternating glute kicks	
43-45	COOL DOWN	