

CLASS NAME | Octane Fitness team workout -- Monday 3/17

 CLASS GOAL | *Core Strength*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Pushup with alternating side planks	
7-9	CARDIO	
9-11	Lawn mower - Right	Medium to heavy weight/resistance band
11-13	CARDIO	
13-15	Lawn mower - Left	Medium to heavy weight/resistance band
15-17	CARDIO	
17-19	Plie squat with bicep curl	Medium to heavy weight/resistance band
19-21	CARDIO	
21-23	Wall sit with weights	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Squat hops	add 180° turn
27-29	CARDIO	
29-31	Bent over reverse fly	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Low press to tricep overhead	Light to medium weight/resistance band
35-37	CARDIO	
37-39	Forearm plank with hip tuck	Palm plank
39-41	CARDIO	
41-43	Kettle ball swing	1 medium weight/resistance band
43-45	COOL DOWN	