

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

 CLASS GOAL | *Fast & Furious Cardio Strength*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Squat with vertical jump	
7-9	CARDIO	
9-11	Pushup with alternating runner's lunge	
11-13	CARDIO	
13-15	Single arm tricep overhead with shoulder press - Right	1 medium weight/resistance band
15-17	CARDIO	
17-19	Single arm tricep overhead with shoulder press - Left	1 medium weight/resistance band
19-21	CARDIO	
21-23	Reverse lunge - Right	Right leg on chair - light to medium weight/resistance band
23-25	CARDIO	
25-27	Reverse lunge - Left	Left leg on chair - light to medium weight/resistance band
27-29	CARDIO	
29-31	Bicep curl with knee lift - Right	Medium weight/resistance band
31-33	CARDIO	
33-35	Hammer curl with knee lift - Left	Medium weight/resistance band
35-37	CARDIO	
37-39	Plank with reverse row - Right	1 light to medium weight/resistance band
39-41	CARDIO	
41-43	Plank with reverse row - Left	1 light to medium weight/resistance band
43-45	COOL DOWN	