

CLASS NAME | Octane Fitness team workout -- Monday 4/14

CLASS GOAL | **Stability Ball Core Strength**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Inch worm push up	
7-9	CARDIO	
9-11	Chest press - legs hold a bridge	Medium to heavy weights (shoulders and head on ball)
11-13	CARDIO	
13-15	Back hyper-extension on ball	Belly on ball, hands behind head, lift up and down
15-17	CARDIO	
17-19	Wide bicep curls - sitting on ball	Light to medium weight/resistance bands
19-21	CARDIO	
21-23	Pike up	Hold plank with ankles on ball, bring knees in and out
23-25	CARDIO	
25-27	Tricep overhead - sitting on ball	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Alternating forward lunges with chest opener	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Crunches on ball	
35-37	CARDIO	
37-39	Plank with ankles on ball	
39-41	CARDIO	
41-43	Pull downs on ball (holding a bridge)	Medium to heavy weight/resistance bands
43-45	COOL DOWN	