

CLASS NAME | Octane Fitness team workout -- Monday 5/12

CLASS GOAL | *Unilateral Movement*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Single arm / single leg clean and press - Right	1 medium weight/resistance band
7-9	CARDIO	
9-11	Single arm / single leg clean and press - Left	1 medium weight/resistance band
11-13	CARDIO	
13-15	Single arm / single leg bent over reverse row - Right	1 medium weight/resistance band
15-17	CARDIO	
17-19	Single arm / single leg bent over reverse row - Left	1 medium weight/resistance band
19-21	CARDIO	
21-23	Single arm squat and press - Right	1 medium weight/resistance band
23-25	CARDIO	
25-27	Single arm squat and press - Left	1 medium weight/resistance band
27-29	CARDIO	
29-31	Plank pushup w/arm out and in - Right	
31-33	CARDIO	
33-35	Plank pushup w/arm out and in - Left	
35-37	CARDIO	
37-39	Squat / knee / reverse lunge / knee - Right	
39-41	CARDIO	
41-43	Squat / knee / reverse lunge / knee - Left	
43-45	COOL DOWN	