

CLASS NAME | Octane Fitness team workout -- Wednesday 5/28

 CLASS GOAL | ***Cardio & Strength Challenge***

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Renegade rows	Light to medium weight/resistance bands
7-9	CARDIO	
9-11	Mountain climbers	
11-13	CARDIO	
13-15	Run outside	20 meter sprints for duration of circuit
15-17	CARDIO	
17-19	Reverse lunges with bent arm lateral raises	Light to medium weight/resistance bands
19-21	CARDIO	
21-23	Jumping jacks	Outside
23-25	CARDIO	
25-27	Overhead pull to crunch	Medium weight/resistance bands
27-29	CARDIO	
29-31	Bicep curl with alternating knee lifts	Medium weight/resistance bands
31-33	CARDIO	
33-35	Reverse grip rows	Medium weight/resistance bands
35-37	CARDIO	
37-39	Tricep dips on curb	Use sidewalk curb outside
39-41	CARDIO	
41-43	Forward lunge with twist	Light to medium weight/resistance bands
43-45	COOL DOWN	