

CLASS NAME | Octane Fitness team workout -- Monday 6/16
CLASS GOAL | *Planko Strength*

| MINUTES | NOVICE ACTIVITY | ADVANCED ACTIVITY |
|---------|--|--|
| 1-5 | WARM-UP | |
| 5-7 | Alternating pushups | Alternate right and left |
| 7-9 | CARDIO | |
| 9-11 | Mountain climbers | |
| 11-13 | CARDIO | |
| 13-15 | V-sit with bicep curls | Light to medium weight/resistance band |
| 15-17 | CARDIO | |
| 17-19 | Weighted squat drops | Medium to heavy weight/resistance band |
| 19-21 | CARDIO | |
| 21-23 | Plank with reverse row and tricep kickback - Right | Light to medium weight/resistance band |
| 23-25 | CARDIO | |
| 25-27 | Plank with reverse row and tricep kickback - Left | Light to medium weight/resistance band |
| 27-29 | CARDIO | |
| 29-31 | Side plank with hip dip - Right | |
| 31-33 | CARDIO | |
| 33-35 | Side plank with hip dip - Left | |
| 35-37 | CARDIO | |
| 37-39 | Plank with runner's lunge | 30 lunges each leg |
| 39-41 | CARDIO | |
| 41-43 | Reverse plank | Optional add leg lifts |
| 43-45 | COOL DOWN | |