

CLASS NAME | Octane Fitness team workout -- Tuesday 9/22

CLASS GOAL | ***Core and Strength***

| MINUTES | NOVICE ACTIVITY                       | ADVANCED ACTIVITY                      |
|---------|---------------------------------------|--|
| 1-5     | WARM-UP                               |  |
| 5-7     | Alternating squats with bicep curls   | Light to medium weight/resistance band |
| 7-9     | CARDIO                                |  |
| 9-11    | Reverse lunge with forward raise      | Light to medium weight/resistance band |
| 11-13   | CARDIO                                |  |
| 13-15   | Insanity jacks                        |  |
| 15-17   | CARDIO                                |  |
| 17-19   | Upright row to overhead press         | Light to medium weight/resistance band |
| 19-21   | CARDIO                                |  |
| 21-23   | Pushup with floor jacks               |  |
| 23-25   | CARDIO                                |  |
| 25-27   | Bent over tricep presses              | Light to medium weight/resistance band |
| 27-29   | CARDIO                                |  |
| 29-31   | Elbow plank with reach                |  |
| 31-33   | CARDIO                                |  |
| 33-35   | Bent over wide reverse row            | Medium to heavy weight/resistance band |
| 35-37   | CARDIO                                |  |
| 37-39   | Side burpees                          |  |
| 39-41   | CARDIO                                |  |
| 41-43   | Alternating forward lunges with twist | Light to medium weight/resistance band |
| 43-45   | COOL DOWN                             |  |