

CLASS NAME | Octane Fitness team workout -- Monday 4/7

CLASS GOAL | **MMA (Cardio kick-boxing workout with weights)**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Weighted squat hops	Light to medium weight/resistance bands
7-9	CARDIO	
9-11	Jab / Cross combo	Light to medium weight/resistance bands
11-13	CARDIO	
13-15	Upper cuts with weights	Light to medium weight/resistance bands
15-17	CARDIO	
17-19	Jab / Cross / Knee combo	Light to medium weight/resistance bands
19-21	CARDIO	
21-23	Knee smashes with weights	1 light weight/resistance bands
23-25	CARDIO	
25-27	Jab / Cross / Knee / Back kick combo	Light to medium weight/resistance band
27-29	CARDIO	
29-31	Pushups with alternating jabs	
31-33	CARDIO	
33-35	Jab / Cross / Knee / Back kick / Front kick combo	1 medium weight/resistance band
35-37	CARDIO	
37-39	Jumping jacks with weights	Light weight/resistance bands
39-41	CARDIO	
41-43	Squat front kicks	Medium weight/resistance bands
43-45	COOL DOWN	