

CLASS NAME | **Octane Fitness team workout -- Monday 7/7**CLASS GOAL | **Strength & Core Workout**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Plank with reverse row overhead - Right	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Plank with reverse row overhead - Left	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Elevated mountain climbers	Put hands on 2"-6" elevated surface
15-17	CARDIO	
17-19	Superman pushups	
19-21	CARDIO	
21-23	Bicep curls w/alternating reverse lunges	Medium weight/resistance band
23-25	CARDIO	
25-27	Criss cross jumping jacks	
27-29	CARDIO	
29-31	Sumo squats with overhead	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Plank with hip tucks	
35-37	CARDIO	
37-39	Low press with tricep overhead	Light to medium weight/resistance band
39-41	CARDIO	
41-43	Downward dog against wall	
43-45	COOL DOWN	