

CLASS NAME | Octane Fitness team workout -- Monday 8/25

CLASS GOAL | *Full Body Workout*

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Single arm, single leg clean and press - Right	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Single arm, single leg clean and press - Left	Light to medium weight/resistance band
11-13	CARDIO	
13-15	Single arm, single leg bent over reverse row - Right	Light to medium weight/resistance band
15-17	CARDIO	
17-19	Single arm, single leg bent over reverse row - Left	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Spider pushups	
23-25	CARDIO	
25-27	Wall sit with twist	
27-29	CARDIO	
29-31	Single arm tricep overhead with overhead press - Right	Light to medium weight/resistance band
31-33	CARDIO	
33-35	Single arm tricep overhead with overhead press - Left	Light to medium weight/resistance band
35-37	CARDIO	
37-39	Single leg squat with reverse lunge - Right	
39-41	CARDIO	
41-43	Single leg squat with reverse lunge - Left	
43-45	COOL DOWN	