

CLASS NAME | Octane Fitness team workout -- Monday 9/15
CLASS GOAL | Planko Strength

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	One handed pushup - Right	
7-9	CARDIO	
9-11	One handed pushup - Left	
11-13	CARDIO	
13-15	Mountain climbers	
15-17	CARDIO	
17-19	Plank with reverse row and tricep kickback - Right	1 light to medium weight/resistance band
19-21	CARDIO	
21-23	Plank with reverse row and tricep kickback - Left	1 light to medium weight/resistance band
23-25	CARDIO	
25-27	Plank with twist - Right	
27-29	CARDIO	
29-31	Plank with twist - Left	
31-33	CARDIO	
33-35	Lunge with hammer curl - Right	Medium to heavy weight/resistance bands
35-37	CARDIO	
37-39	Lunge with hammer curl - Left	Medium to heavy weight/resistance bands
39-41	CARDIO	
41-43	Reverse plank with left lifts	
43-45	COOL DOWN	