

CLASS NAME | Octane Fitness team workout -- Monday 10/13

CLASS GOAL | **Full Body Workout**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Alternating squats	Light to medium weight/resistance band
7-9	CARDIO	
9-11	Pushups with alternating runners lunge	
11-13	CARDIO	
13-15	Low jacks	
15-17	CARDIO	
17-19	Left side plank on elbow with reverse right row	Light to medium weight/resistance band
19-21	CARDIO	
21-23	Right side plank on elbow with reverse left row	Light to medium weight/resistance band
23-25	CARDIO	
25-27	Standing mountain climbers	
27-29	CARDIO	
29-31	Deadlift with reverse row	Medium to heavy weight/resistance band
31-33	CARDIO	
33-35	Alternating reverse lunges with alternating curls and raises	Light to medium weight/resistance band
35-37	CARDIO	
37-39	Weighted squat hops	Medium to heavy weight/resistance band
39-41	CARDIO	
41-43	Side lunge with twist 30 seconds right, 30 seconds left	Light to medium weight/resistance band
43-45	COOL DOWN	