

CLASS NAME | Octane Fitness team workout -- Monday 11/17

CLASS GOAL | **MMA Workout**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-7	Overhead press/Chest press	Medium weight
7-9	CARDIO	
9-11	Jab/Cross combo	Light to medium weight
11-13	CARDIO	
13-15	Staggered pushups - Right	
15-17	CARDIO	
17-19	Jab/Cross/Duck combo	Light to medium weight
19-21	CARDIO	
21-23	Staggered pushups - Left	
23-25	CARDIO	
25-27	Jab/Cross/Duck/Knee block	Light to medium weight
27-29	CARDIO	
29-31	Upper cut bicep curls	Medium weight
31-33	CARDIO	
33-35	Jab/Cross/Duck/Knee block/Back kick	Light to medium weight
35-37	CARDIO	
37-39	Twisted mountain climbers	
39-41	CARDIO	
41-43	Tricep overheads	Medium weight
43-45	COOL DOWN	