

CLASS NAME | Octane Fitness team workout -- Monday 11/3

CLASS GOAL | *Unilateral Movement Workout*

| MINUTES | NOVICE ACTIVITY | ADVANCED ACTIVITY |
|---------|---|-------------------|
| 1-5 | WARM-UP | |
| 5-7 | Single arm/single leg clean and press - Right | 1 medium weight |
| 7-9 | CARDIO | |
| 9-11 | Single arm/single leg clean and press - Left | 1 medium weight |
| 11-13 | CARDIO | |
| 13-15 | Single arm/single leg bent over reverse row - Right | 1 medium weight |
| 15-17 | CARDIO | |
| 17-19 | Single arm/single leg bent over reverse row - Left | 1 medium weight |
| 19-21 | CARDIO | |
| 21-23 | Single arm squat and press - Right | 1 medium weight |
| 23-25 | CARDIO | |
| 25-27 | Single arm squat and press - Left | 1 medium weight |
| 27-29 | CARDIO | |
| 29-31 | Plank pushup with arm out and in - Right | |
| 31-33 | CARDIO | |
| 33-35 | Plank pushup with arm out and in - Left | |
| 35-37 | CARDIO | |
| 37-39 | Plank with bicep curl - Right | 1 medium weight |
| 39-41 | CARDIO | |
| 41-43 | Plank with bicep curl - Left | 1 medium weight |
| 43-45 | COOL DOWN | |