

CLASS NAME | **Bottom Half Booster Series - Workout 1**

CLASS GOAL | Firm and tone the bottom half

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Lunge around the world Right</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Lunge around the world Left</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Alternating lunge with dumbbell rotation - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Squat - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Single leg bridge 30 sec each leg</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Alternating lateral lunge - medium</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Plie' squat</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Superman</i>
19-20	COOL-DOWN - LEVEL 4

## RUNNING A CROSS CiRCUIT CLASS SAFELY

### Four easy things to remember - review before every class

1. Stop arms and pedals before getting off the machine
2. Adjust weights appropriately for mixed cardio & strength - do not use max weights
3. Fit PowerBlock pin fully and securely in PowerBlock before lifting
4. Exit first, only use PowerBlocks when on the ground, not on the machine

CLASS NAME | **Bottom Half Booster Series - Workout 2**

CLASS GOAL | Firm and tone the bottom half

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Squat with front kick - low</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Deadlift - heavy</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Sissy Squat - low</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Squat with lateral leg extension - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Calf raise - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Squat with reverse leg kick - low</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Standing glute extension 30 sec each side</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Jump Squat</i>
19-20	COOL-DOWN - LEVEL 4

## CROSS CiRCUIT SOFTWARE PROGRAMS

Each Octane machine has built-in CROSS CiRCUIT software that allows you to run a class where total time and calories are recorded when people are on and off the machine

To start the program, have users press the PROGRAM button, then press the DOWN ARROW. Next, hit ENTER when they see CROSS CiRCUIT Group.

To perform a CROSS CiRCUIT program alone, use the CROSS CiRCUIT Solo workout. This program allows users to enter the cardio duration and number of reps for each strength interval.

CLASS NAME | **Bottom Half Booster Series - Workout 3**

CLASS GOAL | Firm and tone the bottom half

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Plie' squat - 1 weight medium</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Squat step outs - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Squat thrusts</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Alternating front lunge - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Pistol squat Right - low</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Pistol squat Left - low</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Pulsing lunge 30 sec each leg - medium</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Front and lateral hopping 30 sec ea</i>
19-20	COOL-DOWN - LEVEL 4

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CLASS NAME | **Bottom Half Booster Series - Workout 4**

CLASS GOAL | Firm and tone the bottom half

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Alternating reverse lunge - medium</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Single leg dead lift Right - low</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Single leg dead lift Left - low</i>
9-10	CARDIO - LEVEL 7
10-11	<i>3 way calf raise - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Squat with glute extension Right - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Squat with glute extension Left - medium</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Alternating Crossover lunge - medium</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Jump ups</i>
19-20	COOL-DOWN - LEVEL 4

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CLASS NAME | **Bottom Half Booster Series - Workout 5**

CLASS GOAL | Firm and tone the bottom half

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Good morning - low</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Long lunge - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Inchworm</i>
9-10	CARDIO - LEVEL 7
10-11	<i>2 step walking lunge - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Single leg lateral lunge Right - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Single leg lateral lunge Left - medium</i>
15-16	CARDIO - LEVEL 8
16-17	<i>T Touches - low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Jump lunges</i>
19-20	COOL-DOWN - LEVEL 4

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CLASS NAME | **Bottom Half Booster Series - Workout 6**

CLASS GOAL | Firm and tone the bottom half

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Runners lunge Right - medium</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Runners lunge left - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Sumo Squat - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Marching bridge</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Rotational deadlift - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Squat with figure 8 - 1 medium weight</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Burpee</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Reverse crossover lunge alternating - medium</i>
19-20	COOL-DOWN - LEVEL 4

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