

CLASS NAME | **Total Body Conditioning - Workout 3**

CLASS GOAL | Improve cardio endurance and tone muscles

MINUTES	
1-5	WARM-UP - LEVEL 5
5-6	<i>Reverse crossover lunge - Right side - medium</i>
6-8	CARDIO - LEVEL 6
8-9	<i>Reverse crossover lunge - Left side - medium</i>
9-11	CARDIO - LEVEL 6
11-12	<i>Triceps kickback single arm - Right - medium</i>
12-14	CARDIO - LEVEL 7
14-15	<i>Triceps kickback single arm - Left - medium</i>
15-17	CARDIO - LEVEL 7
17-18	<i>Squat - medium</i>
18-20	CARDIO - LEVEL 8
20-21	<i>Bent over row - medium</i>
21-23	CARDIO - LEVEL 8
23-24	<i>Superman</i>
24-26	CARDIO - LEVEL 9
26-27	<i>Crunch</i>
27-30	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 | **Total Body Conditioning - Workout 4**

CLASS GOAL | Improve cardio endurance and tone muscles

MINUTES	
1-5	WARM-UP - LEVEL 5
5-6	<i>Plie' squat - medium</i>
6-8	CARDIO - LEVEL 6
8-9	<i>Triceps pushup</i>
9-11	CARDIO - LEVEL 6
11-12	<i>Bent over high row - low</i>
12-14	CARDIO - LEVEL 7
14-15	<i>Bicycle crunch</i>
15-17	CARDIO - LEVEL 7
17-18	<i>Calf raise - medium</i>
18-20	CARDIO - LEVEL 8
20-21	<i>Lateral raise - low</i>
21-23	CARDIO - LEVEL 8
23-24	<i>Overhead triceps extension - medium</i>
24-26	CARDIO - LEVEL 9
26-27	<i>Bicycle Crunch</i>
27-30	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.