



CROSS CiRCUIT Workout

CLASS NAME: Tough Tight Top

CLASS GOAL: Strengthen and tone the upper body

Minutes	Activity
1-5	WARM-UP
5-7	Supine chest press/Chest fly 45 sec ea - medium
7-9	CARDIO LEVEL 6
9-11	Biceps curl/Triceps extension 45 sec ea - medium
11-13	CARDIO LEVEL 6
13-15	Front raise/Lateral raise 45 sec ea - low
15-17	CARDIO LEVEL 7
17-19	Shoulder scapation/W raise 45 sec ea -low
19-21	CARDIO LEVEL 7
21-22	ARMS ONLY ON ELLIPTICAL MOVING HANDS EVERY 15 SEC
22-23	CARDIO LEVEL 8
23-25	Single arm chest press/Single arm chest fly 30 sec ea - medium
25-27	CARDIO LEVEL 8
27-29	Single arm biceps curl/Single arm triceps ext 30 sec ea - medium
29-31	CARDIO LEVEL 8
31-33	Single arm front raise/Single arm lateral raise 30 sec ea - low
33-35	CARDIO LEVEL 9
35-37	Single arm shoulder scapation/Single arm W raise 30 sec ea - low
37-39	CARDIO LEVEL 9
39-40	ARMS ONLY ON ELLIPTICAL MOVING HANDS EVERY 15 SEC
40-42	CARDIO LEVEL 10
42-45	COOL DOWN

CROSS CiRCUIT SAFETY AND PROGRAMMING

Four easy things to remember before each workout

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| 1. Stop arms and pedals before getting off the machine | 2. Adjust weights appropriately for mixed cardio & strength | 3. Fit PowerBlock pin fully and securely in PowerBlock before lifting | 4. Exit first, only use PowerBlocks on the ground, not on the machine |
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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 program. This program allows users to enter the cardio duration and number of reps for each strength interval.