

CLASS NAME | **Tough Top Half Series - Workout 1**

CLASS GOAL | Firm and tone the upper half of the body

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Supine chest press - heavy</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Shoulder press - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Biceps curl - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Bent over 2 arm triceps kickback - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Bent over row - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Pushups (off powerblocks or on floor)</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Front raise - low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Basic crunch</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 | **Tough Top Half Series - Workout 2**

CLASS GOAL | Firm and tone the upper half of the body

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Supine chest fly - medium</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Arnold press - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Hammer biceps curl - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Overhead triceps extension - medium (1 or 2 weights)</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Bent over reverse grip row - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Triceps pushup</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Lateral raise- low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Bicycle crunch</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 | **Tough Top Half Series - Workout 3**

CLASS GOAL | Firm and tone the upper half of the body

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Standing chest press - low</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Upright row - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Drag biceps curl (reverse curl) - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Supine skull crusher - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Rear delt row (high row) - low</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Frog pushup</i>
15-16	CARDIO - LEVEL 8
16-17	<i>V raise - low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Plank</i>
19-20	COOL-DOWN - LEVEL 4

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CLASS NAME | **Tough Top Half Series - Workout 4**

CLASS GOAL | Firm and tone the upper half of the body

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Supine chest press with twist - heavy</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Shoulder press with palms inward facing - medium</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Crossover biceps curl - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Supine Tate press - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Bent over reverse fly - low</i>
13-14	CARDIO - LEVEL 8
14-15	<i>T pushup - low</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Shoulder scapation - low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Side plank 30 sec ea side</i>
19-20	COOL-DOWN - LEVEL 4

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CLASS NAME | **Tough Top Half Series - Workout 5**

CLASS GOAL | Firm and tone the upper half of the body

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Chest press in bridge - heavy</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Lateral raise to front raise - low</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Single arm/leg biceps curl right - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Single arm/leg biceps curl left - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Bent over row 30 sec then unilateral row 30 sec - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Pushup w/1 leg up - 30 sec ea</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Wrist twists - low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Plank up</i>
19-20	COOL-DOWN - LEVEL 4

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CLASS NAME | **Tough Top Half Series - Workout 6**

CLASS GOAL | Firm and tone the upper half of the body

MINUTES	ADVANCED ACTIVITY
1-4	WARM-UP - LEVEL 5
4-5	<i>Chest fly in bridge - medium</i>
5-6	CARDIO - LEVEL 6
6-7	<i>Cuban press - low</i>
7-8	CARDIO - LEVEL 6
8-9	<i>Single arm/leg triceps kickback right - medium</i>
9-10	CARDIO - LEVEL 7
10-11	<i>Single arm/leg triceps kickback left - medium</i>
11-12	CARDIO - LEVEL 7
12-13	<i>Bent over row with arm twist - medium</i>
13-14	CARDIO - LEVEL 8
14-15	<i>Pushup with hand offset 30 sec ea side</i>
15-16	CARDIO - LEVEL 8
16-17	<i>Jumping jack with weights - low</i>
17-18	CARDIO - LEVEL 9
18-19	<i>Side plank with row 30 sec ea side - low</i>
19-20	COOL-DOWN - LEVEL 4

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