



CROSS CiRCUIT Workout

CLASS NAME: Back and Buns

CLASS GOAL: Tighten and tone the backside

Minutes	Activity		
1-5	WARM-UP		
5-6	Frontal plane deadlift - medium		
6-7	CARDIO LEVEL 6		
7-8	Bent over row - medium		
8-9	CARDIO LEVEL 6		
9-10	Double leg bridge		
10-11	CARDIO LEVEL 7		
11-12	Reverse fly - low		
12-13	CARDIO LEVEL 7		
13-14	Superman		
14-15	CARDIO LEVEL 8		
15-16	Single leg bridge – 30 sec each leg		
16-17	CARDIO LEVEL 8		
17-18	Frontal plane deadlift - medium		
18-19	CARDIO LEVEL 9		
19-20	Bent over row - medium		
20-21	CARDIO LEVEL 9		
21-22	Double leg bridge		
22-23	CARDIO LEVEL 10		
23-24	Reverse fly - low		
24-25	CARDIO LEVEL 10		
25-26	Superman		
26-27	CARDIO LEVEL 11		
27-28	Single leg bridge – 3 sec each leg		
28-30	COOL DOWN		
CROSS CiRCUIT SAFETY AND PROGRAMMING			
Four easy things to remember before each workout			
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
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.	