

CLASS NAME | **Ski strength**

CLASS GOAL | Build up your endurance to ski bell to bell

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-6	Mountain climbers	Mountain climbers with twist
7-8	CARDIO	
8-9	Alt. lateral lunge	Lateral lunge with front raise
9-10	CARDIO	
10-11	Bicycle crunch	Bicycle crunch with hold
11-12	CARDIO	
13-14	Alt. reverse lunge	Alt. reverse lunge with bicep curl
14-15	CARDIO	
15-16	Speed skaters	Speed skaters with a toe touch
16-17	CARDIO	
17-18	Squat jumps	Squat jumps with light weights
18-19	CARDIO	
19-20	Plank	Plank with alt. leg lifts
20-21	CARDIO	
21-22	Hip-twist ankle hop	Hip-twist ankle hop with weights
22-23	CARDIO	
23-24	Lateral two foot hops	Single leg lat hops 1 min ea
24-25	CARDIO	
25-26	Alt. scissor lunge	Alt. scissor lunge with pulse
26-27	CARDIO	
27-30	COOL-DOWN	

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 | **Ski core strength**

CLASS GOAL | Build your core area to help prevent injury

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-6	Alt. Superman	Superman
7-8	CARDIO	
8-9	Plank	Plank with alt. leg lifts
9-10	CARDIO	
10-11	Alt. romanian deadlift	Alt. romanian deadlift with weights
11-12	CARDIO	
13-14	Side plank with oblique twist - left	Side plank with oblique twist w/weight
14-15	CARDIO	
15-16	Side plank with oblique twist - right	Side plank with oblique twist w/weight
16-17	CARDIO	
17-18	Bridge	Bridge with weight
18-19	CARDIO	
19-20	Ab crunch	Ab crunch with weight on chest
20-21	CARDIO	
21-22	Russian twist on stability ball	Russian twist on stability ball w/weight
22-23	CARDIO	
23-24	Bicycle crunch	Bicycle crunch with hold
24-25	CARDIO	
25-26	Mountain climbers	Mountain climbers with twist
26-27	CARDIO	
27-30	COOL-DOWN	

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 | **Ski balance**

CLASS GOAL | **Get your body ready for ski season**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-6	Single leg circle tracing (30 sec. each)	Single leg circle tracing on block
7-8	CARDIO	
8-9	Static leg lift (30 sec. each)	Static leg lift with swing movement
9-10	CARDIO	
10-11	Hop and hold on one leg	Hop and hold on one leg with cork screw
11-12	CARDIO	
13-14	Goblet lateral lunge (30 sec. each)	Goblet lateral lunge w/weights
14-15	CARDIO	
15-16	Single leg toe touch (30 sec. each)	Single leg toe touch with weight
16-17	CARDIO	
17-18	Single leg squat (30 sec. each)	Single leg squat with weight
18-19	CARDIO	
19-20	Burpee	Burpee on one leg
20-21	CARDIO	
21-22	Plank	Plank with one arm twist
22-23	CARDIO	
23-24	Cross hop	Cross hop on one leg (30 sec. each)
24-25	CARDIO	
25-26	V-situp	V-situp with hold
26-27	CARDIO	
27-30	COOL-DOWN	

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CLASS NAME |

CLASS GOAL | **Create your own ski workout**

MINUTES	NOVICE ACTIVITY	ADVANCED ACTIVITY
1-5	WARM-UP	
5-6		
7-8	CARDIO	
8-9		
9-10	CARDIO	
10-11		
11-12	CARDIO	
13-14		
14-15	CARDIO	
15-16		
16-17	CARDIO	
17-18		
18-19	CARDIO	
19-20		
20-21	CARDIO	
21-22		
22-23	CARDIO	
23-24		
24-25	CARDIO	
25-26		
26-27	CARDIO	
27-30	COOL-DOWN	

CROSS CIRCUIT SOFTWARE PROGRAMS

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