



## CROSS CiRCUIT Workout

**CLASS NAME: Soccer Cross Circuit**

**CLASS GOAL: Get World Cup Ready!**

Minutes	Activity
1-5	WARM-UP
5-6	Squat - Heavy
6-7	CARDIO LEVEL 8
7-8	Chest press in glute bridge - heavy
8-9	CARDIO LEVEL 8 – 30 seconds slow/30 seconds fast
9-10	Inchworm
10-11	CARDIO LEVEL 8
11-12	Crunch with weight at chest - medium
12-13	CARDIO LEVEL 9 – 30 seconds slow/30 seconds fast
13-14	Jump squats
14-15	CARDIO LEVEL 9
15-16	Supine dumbbell pullover - medium
16-17	CARDIO LEVEL 10 – 30 seconds slow/30 seconds fast
17-18	Snatch - medium
18-19	CARDIO LEVEL 10
19-20	Bicycle crunch
20-21	CARDIO LEVEL 10 – 30 seconds slow/30 seconds fast
21-22	RDL - heavy
22-23	CARDIO LEVEL 11
23-24	Military press - medium
24-25	CARDIO LEVEL 11 30 seconds slow/30 seconds fast
25-26	Calf raises - heavy
26-27	CARDIO LEVEL 12
27-28	Plank with marching feet
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.