



CROSS CiRCUIT Workout

CLASS NAME: Cross Circuit Swim

CLASS GOAL: Improve swim strength and endurance

Minutes	Activity
1-5	WARM-UP
5-6	Alternating forward lunge - medium
6-7	CARDIO LEVEL 7
7-8	Lateral raise - low
8-9	CARDIO LEVEL 7
9-10	External rotation 30 sec each arm - low
10-11	CARDIO LEVEL 7
11-12	Squat jump
12-13	CARDIO LEVEL 8
13-14	Side plank with row 30 sec each side - medium
14-15	CARDIO LEVEL 8
15-16	Scissor kicks
16-17	CARDIO LEVEL 8
17-18	Alternating forward lunge - medium
18-19	CARDIO LEVEL 9
19-20	Lateral raise - low
20-21	CARDIO LEVEL 9
21-22	External rotation 30 sec each arm - low
22-23	CARDIO LEVEL 9
23-24	Squat jump
24-25	CARDIO LEVEL 10
25-26	Side plank with row 30 sec each side - medium
26-27	CARDIO LEVEL 10
27-28	Scissor kicks
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.	