

Orbite 360™: Core Program #1

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	5.1	Orbite 360™ Mountain Climber Right Foot	4	Reps	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
B	9.2	Orbite 360™ Right Foot Isometric Bridge with Straight Left Leg	4	Sec.	10	10	15	15	15	20	20	20	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
C	5.2	Orbite 360™ Mountain Climber Left Foot	4	Reps	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
D	9.3	Orbite 360™ Left Foot Isometric Bridge with Straight Right Leg	4	Sec.	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	

		Reps / Session			72	96	96	128	128	120	160	160	960
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