

Orbite 360™: Core Program #2

	#	Nom	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	4.1	Orbite 360™ Superman Left Hand	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	6.4	Orbites 360™ Two Feet Hip Opening Right Side	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	
C	4.2	Orbite 360™ Superman Right Hand	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	6.5	Orbites 360™ Two Feet Hip Opening Left Side	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	

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