

Orbite 360™ : Discovery Program #1

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	7.1	Orbite 360™ Right Lunge	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
B	1.2	Orbite 360™ Right arm Push-up	4	Reps	7	7	10	10	10	15	15	15	324
				Series	3	4	3	4	4	3	4	4	
				Total / Session	21	28	30	40	40	45	60	60	
C	7.1	Orbite 360™ Left Lunge	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
D	1.3	Orbite 360™ Left arm Push-up	4	Reps	7	7	10	10	10	15	15	15	324
				Series	3	4	3	4	4	3	4	4	
				Total / Session	21	28	30	40	40	45	60	60	
E	2.1	Orbite 360™ Right hand extension	4	Reps	6	6	8	8	8	10	10	12	324
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
F	8.1	Orbite 360™ Right Foot Squat	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
G			4	Reps	6	6	8	8	8	10	10	12	324

	2.2	Orbite 360™ Left hand extension		Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
	8.2	Orbite 360™ Left Foot Squat		Reps	6	6	8	8	8	10	10	12	
H			4	Series	3	4	3	4	4	3	4	4	248
				Total / Session	18	24	24	32	32	30	40	48	
	9.4	Orbites 360™ Two Feet Bridge Right Leg Push		Reps	4	4	6	6	6	8	8	8	
I			4	Series	3	4	3	4	4	3	4	4	182
				Total / Session	12	16	18	24	24	24	32	32	
	9.5	Orbites 360™ Two Feet Bridge Left Leg Push		Reps	4	4	6	6	6	8	8	8	
J			4	Series	3	4	3	4	4	3	4	4	182
				Total / Session	12	16	18	24	24	24	32	32	
		Reps / Session			174	232	240	320	320	318	424	472	2500