

Orbite 360™ : Discovery Program #2

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Total de Reps / Cycle
A	7.1	Orbite 360™ Right Lunge	4	Reps	12	12	15	15	15	18	18	18	447
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	60	60	54	72	72	
B	1.5	Orbite 360™ Right Hand Push-up	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	7.1	Orbite 360™ Left Lunge	4	Reps	12	12	15	15	15	18	18	18	447
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	60	60	54	72	72	
D	1.6	Orbite 360™ Left hand push-up	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	
E	9.1	Orbites 360™ Isometric Bridge Two Feet	4	Reps	20 sec.	20 sec.	30 sec.	30 sec.	30 sec.	40 sec.	40 sec.	40 sec.	910 sec. or 15 min. & 10 sec.
				Series	3	4	3	4	4	3	4	4	
				Total / Session	60 sec.	80 sec.	90 sec.	120 sec.	120 sec.	120 sec.	160 sec.	160 sec.	
	2.6.1		4	Reps	6	6	8	8	8	10	10	12	248

F		Orbites 360™ Two Hands Arm Flexion & Right Extension		Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
G	8.1	Orbite 360™ Right Foot Squat	4	Reps	10	10	12	12	12	15	15	15	367
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	45	60	60	
H	2.6.4	Orbites 360™ Two Hands Arm Flexion & Left Extension	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	
I	8.2	Orbite 360™ Left Foot Squat	4	Reps	10	10	12	12	12	15	15	15	367
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	45	60	60	
J	9.4	Orbites 360™ Two Feet Bridge Right Leg Push	4	Reps	8	8	10	10	10	12	12	12	298
				Series	3	4	3	4	4	3	4	4	
				Total / Session	24	32	30	40	40	36	48	48	
K	9.5	Orbites 360™ Two Feet Bridge Left Leg Push	4	Reps	8	8	10	10	10	12	12	12	298
				Series	3	4	3	4	4	3	4	4	
				Total / Session	24	32	30	40	40	36	48	48	
		Reps / Session			276	368	348	464	464	426	568	584	3200