

Orbite 360™: Discovery Program #3													
	#	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	8	10	10	12	12	15	15	20	408
				Series	4	4	4	4	4	4	4		
				Total / Session	32	40	40	48	48	60	60	80	
B	1.5	Orbite 360™ Right Hand Push-up	4	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
C	7.1	Orbite 360™ Left Lunge	4	Reps	8	10	10	12	12	15	15	20	408
				Series	4	4	4	4	4	4	4	4	
				Total / Session	32	40	40	48	48	60	60	80	
D	1.6	Orbite 360™ Left hand push-up	4	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
E	9.1	Orbites 360™ Isometric Bridge Two Feet	20 sec.	Reps	30 sec.	30 sec.	30 sec.	45 sec.	45 sec.	45sec.	60 sec.	60 sec.	1380 sec. or 23 min.
				Series	4	4	4	4	4	4	4	4	
				Total / Session	120 sec.	120 sec.	120 sec.	180 sec.	180 sec.	180 sec.	240 sec.	240 sec.	
F	2.6.1	Orbites 360™ Two Hands Arm Flexion & Right Extension	4	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
G	8.1	Orbite 360™ Right Foot Squat	6	Reps	8	8	8	10	10	10	12	12	312
				Series	4	4	4	4	4	4	4	4	

	#	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	8	10	10	12	12	15	15	20	408	
				Series	4	4	4	4	4	4	4	4		
				Total / Session	32	40	40	48	48	60	60	80		
B	1.5	Orbite 360™ Right Hand Push-up	4	Reps	6	6	6	8	8	8	10	10	248	
				Series	4	4	4	4	4	4	4	4		4
				Total / Session	24	24	24	32	32	32	40	40		
C	7.1	Orbite 360™ Left Lunge	4	Reps	8	10	10	12	12	15	15	20	408	
				Series	4	4	4	4	4	4	4	4		4
				Total / Session	32	40	40	48	48	60	60	80		
D	1.6	Orbite 360™ Left hand push-up	4	Reps	6	6	6	8	8	8	10	10	248	
				Series	4	4	4	4	4	4	4	4		4
				Total / Session	24	24	24	32	32	32	40	40		
E	9.1	Orbites 360™ Isometric Bridge Two Feet	20 sec.	Reps	30 sec.	30 sec.	30 sec.	45 sec.	45 sec.	45sec.	60 sec.	60 sec.	1380 sec. or 23 min.	
				Series	4	4	4	4	4	4	4	4		4
				Total / Session	120 sec.	120 sec.	120 sec.	180 sec.	180 sec.	180 sec.	240 sec.	240 sec.		
F	2.6.1	Orbites 360™ Two Hands Arm Flexion & Right Extension	4	Reps	6	6	6	8	8	8	10	10	248	
				Series	4	4	4	4	4	4	4	4		4
				Total / Session	24	24	24	32	32	32	40	40		
G	8.1	Orbite 360™ Right Foot Squat	6	Reps	8	8	8	10	10	10	12	12	312	
				Series	4	4	4	4	4	4	4	4		4

				Total / Session	32	32	32	40	40	40	48	48	
H	2.6.4	Orbites 360™ Two Hands Arm Flexion & Left Extension	4	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
			6	Reps	8	8	8	10	10	10	12	12	312
I	8.2	Orbite 360™ Left Foot Squat		Series	4	4	4	4	4	4	4	4	
				Total / Session	32	32	32	40	40	40	48	48	
J	9.4	Orbites 360™ Two Feet Bridge Right Leg Push	6	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
K	9.5	Orbites 360™ Two Feet Bridge Left Leg Push	6	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
L	2.6	Orbites 360™ Two Hands Extensions	4	Reps	6	6	6	8	8	8	10	10	248
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	24	32	32	32	40	40	
		Reps / Session			296	312	312	400	400	424	496	536	3176