

Orbite 360™: Discovery Program #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	20	20	20	20	25	25	25	25	720
				Series	4	4	4	4	4	4	4		
				Total / Session	80	80	80	80	100	100	100	100	
B	1.5	Orbite 360™ Right Hand Push-up	4	Reps	10	10	10	12	12	12	15	15	384
				Series	4	4	4	4	4	4	4		
				Total / Session	40	40	40	48	48	48	60	60	
C	7.1	Orbite 360™ Left Lunge	4	Reps	20	20	20	20	25	25	25	25	720
				Series	4	4	4	4	4	4	4		
				Total / Session	80	80	80	80	100	100	100	100	
D	1.6	Orbite 360™ left hand push-up	4	Reps	10	10	10	12	12	12	15	15	384
				Series	4	4	4	4	4	4	4		
				Total / Session	40	40	40	48	48	48	60	60	
E	9.1	Orbites 360™ Isometric Bridge Two Feet	20 secondes	Reps	60 sec.	60 sec.	60 sec.	60 sec.	60 sec.	60 sec.	60 sec.	60 sec.	1920 secondes ou 32 minutes
				Series	4	4	4	4	4	4	4		
				Total / Session	240 sec.	240 sec.	240 sec.	240 sec.	240 sec.	240 sec.	240 sec.	240 sec.	
F	2.8	Orbites 360™ Two Hands Alternate Extensions	4	Reps	10	10	10	12	12	12	12	15	372
				Series	4	4	4	4	4	4	4		
				Total / Session	40	40	40	48	48	48	48	60	
G	8.1	Orbite 360™ Right Foot Squat	6	Reps	12	12	12	12	15	15	15	15	432
				Series	4	4	4	4	4	4	4		
				Total / Session	48	48	48	48	60	60	60	60	
H	2.8	Orbites 360™ Two Hands Alternate Extensions	4	Reps	10	10	10	12	12	12	12	15	372
				Series	4	4	4	4	4	4	4		
				Total / Session	40	40	40	48	48	48	48	60	
I	8.2		6	Reps	12	12	12	12	15	15	15	15	432

		Orbite 360™ Left Foot Squat		Series	4	4	4	4	4	4	4	4	
					Total / Session	48	48	48	48	60	60	60	60
J	9.4	Orbites 360™ Two Feet Bridge Right Leg Push	6	Reps	10	10	10	10	12	12	12	12	352
				Series	4	4	4	4	4	4	4	4	
				Total / Session	40	40	40	40	48	48	48	48	
K	9.5	Orbites 360™ Two Feet Bridge Left Leg Push	6	Reps	10	10	10	10	12	12	12	12	352
				Series	4	4	4	4	4	4	4	4	
				Total / Session	40	40	40	40	48	48	48	48	
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	
M	8.3	Orbite 360™ Two Feet Squat	6	Reps	8	8	8	10	10	10	12	12	312
				Series	4	4	4	4	4	4	4	4	
				Total / Session	32	32	32	40	40	40	48	48	
		Reps / Session			552	552	552	600	680	680	720	744	5080