

Orbite 360™: Hockey Beginner moves

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Rep / Cycle
A	7.7	Orbite 360™ Hockey Lunge	3	Rep	4	4	6	6	6	8	6	8	174
				Series	3	4	3	4	4	3	4	4	
				Total / Session	12	16	18	24	24	24	24	32	
B	Control, dribble with the ball around Orbite 360™ in restricted space		30 Sec.	60 Sec.								29 minutes	
C	7.9	Orbite 360™ Hockey Diagonal Lunge	3	Rep	4	4	6	6	6	8	6	8	174
				Series	3	4	3	4	4	3	4	4	
				Total / Session	12	16	18	24	24	24	24	32	
D	Control, dribble with the ball around Orbite 360™ in restricted space		30 Sec.	60 Sec.								29 minutes	
E	2.4	Orbite 360™ Right Hand Arm Flexion & Extension	3	Rep	5	5	7	7	7	10	10	10	222
				Series	3	4	3	4	4	3	4	4	
				Total / Session	15	20	21	28	28	30	40	40	
F	7.8	Orbite 360™ Hockey Skater Lunge	3	Rep	4	4	6	6	6	8	6	8	174
				Series	3	4	3	4	4	3	4	4	
				Total / Session	12	16	18	24	24	24	24	32	
G	2.5	Orbite 360™ Arm Flexion & Left Hand Extension	3	Rep	5	5	7	7	7	10	10	10	222
				Series	3	4	3	4	4	3	4	4	
				Total / Session	15	20	21	28	28	30	40	40	
H	5.7	Orbites 360™ Mountain Climber Two Feet Alternate	3	Rep	4	4	6	6	6	8	6	8	174
				Series	3	4	3	4	4	3	4	4	

				Total / Session	12	16	18	24	24	24	24	32	
		Rep / Session			78	104	114	152	152	156	176	208	1140