

Orbite 360™: Hockey Intermediate Moves

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	7.7	Orbite 360™ Hockey Lunge	4	Reps	12	12	15	12	15	15	15	15	402
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	48	60	45	60	60	
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	4	Reps	12	12	15	12	15	15	15	15	402
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	48	60	45	60	60	
D	Control, dribble with the ball around Orbite 360™ in restricted space		30 Sec.	60 Sec.								29 minutes	
E	2.8.2	Orbite 360™ Flexion and Alternate Extensions	4	Reps	10	10	10	10	12	12	12	12	320
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	30	40	48	36	48	48	
F	5.7	Orbites 360™ Mountain Climber Two Feet Alternate	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	
G	7.11	Orbite 360™ Hockey Skater	4	Reps	12	12	15	12	15	15	15	15	402
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	48	60	45	60	60	
H	9.7	Orbites 360™ Bridge Combo	4	Reps	4	4	6	6	6	8	8	8	182
				Series	3	4	3	4	4	3	4	4	

				Total / Session	12	16	18	24	24	24	32	32	
		Reps / Session			174	232	213	248	292	231	308	308	2006