

Orbite 360™: Lower Body Advanced Program

	#	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™ Lunge - Right foot	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	
B	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	
C	7.1	Orbite 360™ Lunge Left foot	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	
D	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	
E	7.2	Orbite 360™ Skater Lunge Right foot	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	
4	4.1	Orbite 360™ Superman Left Hand	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	
G	7.2	Orbite 360™ Skater Lunge Left foot	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	4.2	Orbite 360™ Superman Right Hand	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	
I	4.3	Orbite 360™ Right Hand & Left Leg Bird Dog	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	4.4	Orbite 360™ Left Hand & Right Leg Bird Dog	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	
		Reps / Session			300	400	360	480	480	450	600	600	3670