

Orbite 360™: Lower Body Program #1

	#	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	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
B	8.1	Orbite 360™ Right Foot Squat	4	Reps	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
C	7.1	Orbite 360™ Lunge - Left foot	4	Reps	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
D	8.2	Orbite 360™ Left Foot Squat	4	Reps	6	6	8	8	8	10	10	10	240
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	40	
		Reps / Session			72	96	96	128	128	120	160	160	960