

Orbite 360™: Mountain Climber Program #1

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	2.1	Orbite 360™ Right hand extension	4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
B	2.2	Orbite 360™ Left hand extension	4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
C	5.1	Orbite 360™ Mountain Climber Right Foot	4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
D	5.2	Orbite 360™ Mountain Climber Left Foot	4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
E	2.3	Orbites 360™ Two Hands Extension	4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
F	5.11	Orbite 360™ Spiderman Right Foot	4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
G	5.12	Orbite 360™ Spiderman Left Foot	6	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
H	6.9		4	Reps	6	6	6	6	6	8	8	10	186
				Series	3	3	4	4	4	3	3	3	

