

Orbite 360™: Mountain Climber Program #2

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	2.4	Orbite 360™ Right Hand Arm Flexion & 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	2.5	Orbite 360™ Arm Flexion & 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	5.7	Orbites 360™ Mountain Climber Two Feet Alternate	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	2.6	Orbites 360™ Two Hands Extensions	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	4.11	Orbites 360™ Bird Dog Right Hand & 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	
G	4.12	Orbites 360™ Bird Dog Left Hand & 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	
H	6.8	Orbites 360™ Two Feet Combo Pike & Hip Opening	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	
I	2.6.2	Orbites 360™ Two Hands Arm Flexion & Right Cross	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	
		Reps / Session			162	162	216	216	216	216	216	270	1674