

Orbite 360™: Running 21k-42k Program

	#	Nom	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	10.1	Orbite 360™ Runner's pose: Right Front Foot	15 Sec.	Reps	15"	15"	20"	20"	20"	20"	20"	20"	810"
				Series	5	5	5	5	5	6	6	6	
				Total / Session	75"	75"	100"	100"	100"	120"	120"	120"	
B	10.2	Orbite 360™ Runner's pose: Left Front Foot	15 Sec.	Reps	15"	15"	20"	20"	20"	20"	20"	20"	810"
				Series	5	5	5	5	5	6	6	6	
				Total / Session	75"	75"	100"	100"	100"	120"	120"	120"	
C	7.1	Orbite 360™ Lunge - Right foot	4	Reps	4	4	6	6	6	8	8	8	250
				Series	5	5	5	5	5	5	5	5	
				Total / Session	20	20	30	30	30	40	40	40	
D	7.1	Orbite 360™ Lunge - Left foot	4	Reps	4	4	6	6	6	8	8	8	250
				Series	5	5	5	5	5	5	5	5	
				Total / Session	20	20	30	30	30	40	40	40	
E	9.7	Orbites 360™ Bridge Combo	2	Reps	3	3	5	5	5	6	6	6	165
				Series	5	5	5	5	5	5	5	5	
				Total / Session	15	15	25	25	25	30	30	30	
F	5.9	Orbites 360™ Two Feet MC Alternate & Simultaneous	2	Reps	3	3	5	5	5	6	6	6	165
				Series	5	5	5	5	5	5	5	5	
				Total / Session	15	15	25	25	25	30	30	30	
G	6.1	Orbites 360™ Pike: Plank to Downward Dog	4	Reps	5	5	6	6	6	8	8	8	260
				Series	5	5	5	5	5	5	5	5	
				Total / Session	25	25	30	30	30	40	40	40	
		Reps / Session			95 & 150"	95 & 150"	140 & 200"	140 & 200"	140 & 200"	160 & 240"	160 & 240"	160 & 240"	1090 & 1620"