

## Orbite 360™: Running 5k-10k Program

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
<b>A</b>	10.1	Orbite 360™ Runner's pose: Right Front Foot	15 Sec.	Reps	20"	20"	30"	30"	30"	30"	30"	30"	850"
				Series	4	4	4	4	4	5	5	5	
				Total / Session	80"	80"	120"	120"	120"	150"	150"	150"	
<b>B</b>	10.2	Orbite 360™ Runner's pose: Left Front Foot	15 Sec.	Reps	20"	20"	30"	30"	30"	30"	30"	30"	850"
				Series	4	4	4	4	4	5	5	5	
				Total / Session	80"	80"	120"	120"	120"	150"	150"	150"	
<b>C</b>	8.1	Orbite 360™ Right Foot Squat	4	Reps	6	6	8	8	8	8	8	8	264
				Series	4	4	4	4	4	5	5	5	
				Total / Session	24	24	32	32	32	40	40	40	
<b>D</b>	8.2	Orbite 360™ Left Foot Squat	4	Reps	6	6	8	8	8	8	8	8	264
				Series	4	4	4	4	4	5	5	5	
				Total / Session	24	24	32	32	32	40	40	40	
<b>E</b>	9.7	Orbites 360™ Bridge Combo	3	Reps	4	4	6	6	6	6	6	6	194
				Series	4	4	4	4	4	5	5	5	
				Total / Session	16	16	24	24	24	30	30	30	
<b>F</b>	5.9	Orbites 360™ Two Feet MC Alternate & Simultaneous	3	Reps	4	4	6	6	6	6	6	6	194
				Series	4	4	4	4	4	5	5	5	
				Total / Session	16	16	24	24	24	30	30	30	
		Reps / Session			80 & 160"	80 & 160"	112 & 240"	112 & 240"	112 & 240"	140 & 300"	140 & 300"	140 & 300"	916 & 1700"