

Orbite 360™: Running Activation Program

	#	Nom		Activation
A	5.1	Orbite 360™ Mountain Climber Right Foot	Reps	8
			Series	2
			Total / Session	16
B	5.2	Orbite 360™ Mountain Climber Left Foot	Reps	8
			Series	2
			Total / Session	16
C	6.9	Orbites 360™ One Foot Hip Opening Right Side	Reps	8
			Series	2
			Total / Session	16
D	6.10	Orbites 360™ One Foot Hip Opening Left Side	Reps	8
			Series	2
			Total / Session	16
E	9.8	Orbite 360™ One Foot Bridge Right Leg Push	Reps	8
			Series	2
			Total / Session	16
F	9.9	Orbite 360™ One Foot Bridge Left Leg Push	Reps	8
			Series	2
			Total / Session	16
G	5.11	Orbite 360™ Spiderman Right Foot	Reps	8
			Series	2
			Total / Session	16
H	5.12	Orbite 360™ Spiderman Left Foot	Reps	8
			Series	2
			Total / Session	16
I	7.1	Orbite 360™ Lunge Right foot	Reps	8
			Series	2
			Total / Session	16
J	7.1	Orbite 360™ Lunge Left foot	Reps	8
			Series	2
			Total / Session	16
		Reps / Session		180