

Orbite 360™: Running Mobility Program

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	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	
B	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	
C	6.9	Orbites 360™ One Foot Hip Opening Right Side	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	6.10	Orbites 360™ One Foot Hip Opening Left Side	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	9.8	Orbite 360™ One Foot Bridge Right Leg Push	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	9.9	Orbite 360™ One Foot Bridge Left Leg Push	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	5.11	Orbite 360™ Spiderman Right 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	5.12	Orbite 360™ Spiderman 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	
			6	Reps	6	6	6	6	6	8	8	10	186

I	7.1	Orbite 360™ Lunge Right foot		Series	3	3	4	4	4	3	3	3	
				Total / Session	18	18	24	24	24	24	24	30	
J	7.1	Orbite 360™ Lunge 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	
		Reps / Session			180	180	240	240	240	240	240	300	1860