

Orbite 360™: Running - Mountain Climber Program #1

	#	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	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
B	5.2	Orbite 360™ Mountain Climber Left Foot	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
C	7.1	Orbite 360™ Lunge - Right foot	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
D	7.1	Orbite 360™ Lunge - Left foot	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
E	5.8	Orbite 360™ Mountain Climber Two Feet Simultaneous	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
F	1.2	Orbite 360™ Right arm Push-up	4	Reps	5	5	7	7	7	10	10	10	222
				Series	3	4	3	4	4	3	4	4	
				Total / Session	15	20	21	28	28	30	40	40	

G	1.3	Orbite 360™ Left arm Push-up	4	Reps	5	5	7	7	7	10	10	10	222
				Series	3	4	3	4	4	3	4	4	
				Total / Session	15	20	21	28	28	30	40	40	
H	5.7	Orbites 360™ Mountain Climber Two Feet Alternate	4	Reps	6	6	8	8	8	10	10	12	248
				Series	3	4	3	4	4	3	4	4	
				Total / Session	18	24	24	32	32	30	40	48	
I	10.1	Orbite 360™ Runner's pose Left Front Foot	4	Reps	20 sec.	20 sec.	30 sec.	30 sec.	30 sec.	45sec.	45 sec.	45 sec.	965 Sec. or 16 min. 5 sec.
				Series	3	4	3	4	4	3	4	4	
				Total / Session	60 sec.	80 sec.	90 sec.	120 sec.	120 sec.	135 sec.	180 sec.	180 sec.	
J	10.2	Orbite 360™ Runner's Pose Right Front Back	4	Reps	20 sec.	20 sec.	30 sec.	30 sec.	30 sec.	45sec.	45 sec.	45 sec.	965 Sec. or 16 min. 5 sec.
				Series	3	4	3	4	4	3	4	4	
				Total / Session	60 sec.	80 sec.	90 sec.	120 sec.	120 sec.	135 sec.	180 sec.	180 sec.	
		Reps / Session			138	184	186	248	248	240	320	368	1932