

Orbite 360™: Running - Mountain Climber Program #2

	#	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	12	12	15	15	15	20	20	20	469
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	60	60	60	80	80	
B	5.2	Orbite 360™ Mountain Climber Left Foot	4	Reps	12	12	15	15	15	20	20	20	469
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	60	60	60	80	80	
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	Orbites 360™ Mountain Climber Two Feet Simultaneous	4	Reps	12	12	15	15	15	20	20	20	469
				Series	3	4	3	4	4	3	4	4	
				Total / Session	36	48	45	60	60	60	80	80	
F	1.5	Orbite 360™ Right Hand 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	1.6	Orbite 360™ Left Hand 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	5.9	Orbites 360™ Two Feet MC Alternate & Simultaneous	4	Reps	12	12	15	15	15	20	20	20	469
				Series	3	4	3	4	4	3	4	4	

				Total / Session	36	48	45	60	60	60	80	80	
I	10.1	Orbite 360™ Runner's pose Right Front Foot	4	Reps	45sec.	30 sec.	45sec.	30 sec.	30 sec.	45sec.	45 sec.	45 sec.	1125 Sec. or 18 min. 45 sec.
				Series	3	4	3	4	4	3	4	4	
				Total / Session	135 sec.	120 sec.	135 sec.	120 sec.	120 sec.	135 sec.	180 sec.	180 sec.	
J	1.7	Flexion de bras deux mains sur Orbites 360™	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	
K	10.2	Orbites 360™ Two Hands Push-up	4	Reps	45sec.	30 sec.	45sec.	30 sec.	30 sec.	45sec.	45 sec.	45 sec.	1125 Sec. or 18 min. 45 sec.
				Series	3	4	3	4	4	3	4	4	
				Total / Session	135 sec.	120 sec.	135 sec.	120 sec.	120 sec.	135 sec.	180 sec.	180 sec.	
		Reps / Session			255	300	291	388	388	390	520	536	3038