

Orbite 360™: Swimming Program #1

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	1.2	Orbite 360™ Right arm Push-up	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	1.3	Orbite 360™ Left arm Push-up	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	1.9	Orbites 360™ Two-handed scapular flexion	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	5.11	Orbite 360™ Spiderman 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	
E	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	
F	4.7	Orbite 360™ Standing Right Hand Superman Left Hand	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	4.8	Orbite 360™ Standing Left Hand Superman Right Hand	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	
H	6.1	Orbites 360™ Pike Plank to Downward Dog	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	
I	3.2	Orbite 360™ One-Right handed Flexion, Extension and Half-Circle	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	
J	3.2	Orbite 360™ One-Left handed Flexion, Extension and Half-Circle	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	
		Reps / Session			180	180	240	240	240	240	240	300	1860