

Orbite 360™: Swimming Program #2

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	1.5	Orbite 360™ Right Hand 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	1.6	Orbite 360™ left hand 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	1.10	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	6.7	Orbites 360™ Two Feet Combo Hip Opening	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	4.11	Orbites 360™ Bird Dog Right Hand & 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	4.12	Orbites 360™ Bird Dog Left Hand & 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	
G	3.4	Orbites 360™ Two Hands Extension and Half Circles	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	9.7	Orbites 360™ Bridge Combo	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	5.7	Orbites 360™ Mountain Climber Two Feet Alternate	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	4.13	Orbites 360™ Two Feet Superman	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