

Orbite 360™: Upper Body Program #2

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	1.6	Orbite 360™ left hand push-up	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
B	2.1	Orbite 360™ Right hand extension	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
C	1.7	Orbites 360™ Two Hands Push-up	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
D	2.2	Orbite 360™ Left hand extension	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
E	2.3.1	Orbites 360™ Two Hands Cross	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
F	6.1	Orbites 360™ Pike Plank to Downward Dog	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
G	1.9	Orbites 360™ Two-handed scapular flexion	4	Reps	10	10	12	12	12	12	15	15	358
				Series	3	4	3	4	4	3	4	4	
				Total / Session	30	40	36	48	48	36	60	60	
		Reps / Session			210	280	252	336	336	252	420	420	2506

