

Orbite 360™: Speed Skating Mobility & Core Program

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	6.9	Orbites 360™ One Foot Hip Opening Right Side	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
B	6.10	Orbites 360™ One Foot Hip Opening Left Side	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
C	7.13	Orbite 360™ Speed Skating Right Lunge	4	Reps	8	10	10	12	12	15	15	20	272
				Series	4	4	4	4	4	4	4		
				Total / Session	32	40	40	48	48	60	60	80	
D	5.1	Orbite 360™ Mountain Climber Right Foot	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
E	5.2	Orbite 360™ Mountain Climber Left Foot	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
F	7.13	Orbite 360™ Speed Skating Left Lunge	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
G	9.8	Orbite 360™ One Foot Bridge Right Leg Push	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
H	9.9	Orbite 360™ One Foot Bridge Left Leg Push	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
I	7.15	Orbite 360™ Speed Skater Right Lunge	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	

J	7.15	Orbite 360™ Speed Skater Left Lunge	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4		
				Total / Session	24	24	32	32	32	40	40	48	
		Reps / Session		240	240	320	320	320	400	400	480	2720	