

Orbite 360™: Speed Skating Program #1

	#	Repertoire	Activation		Session # 1	Session # 2	Session # 3	Session # 4	Session # 5	Session # 6	Session # 7	Session # 8	Reps / Cycle
A	5.7	Orbites 360™ Mountain Climber Two Feet Alternate	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	9.4	Orbites 360™ Two Feet Bridge Right Leg Push	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	32	32	32	40	40	48	
C	9.5	Orbites 360™ Two Feet Bridge Left Leg Push	4	Reps	8	10	10	12	12	15	15	20	272
				Series	4	4	4	4	4	4	4	4	
				Total / Session	32	40	40	48	48	60	60	80	
D	7.13	Orbite 360™ Speed Skating Right Lunge	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	32	32	32	40	40	48	
E	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	4	
				Total / Session	24	24	32	32	32	40	40	48	
F	5.8	Orbites 360™ Mountain Climber Two Feet Simultaneous	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	32	32	32	40	40	48	
G	7.18	Orbite 360™ Speed Skating Combo Lunges and Extension	4	Reps	6	6	8	8	8	10	10	12	272
				Series	4	4	4	4	4	4	4	4	
				Total / Session	24	24	32	32	32	40	40	48	
		Reps / Session			168	168	224	224	224	280	280	336	1904

