



Program 2 Special Instructions

1. Leg Extension

1. Preferred brand: Life Fitness / Matrix
2. Do not tug at handles
3. Feet are flexed up and toes are pointed out slightly
4. Keep neck relaxed

2. D.B.2-Arm Incline Flys

1. Bench angle @45°
2. Seat angle @90°
3. Observe takeoff and landing from video
4. Hug a tree
5. Stop the movement short to horizontal
6. On the up position stop 3 inches before the dumbbells touch
7. Inhale on the way down
8. Exhale on the way up

3. D.B.1-Arm Side Raise

1. Hold onto the side of a bench with opposite arm to movement
2. Lean the upper body slightly forward at waist
3. Keep knees slightly bend (do not lock the knees)
4. Medium foot stance
5. The arm is slightly bent and forward throughout the exercise

6. Raise the D.B. by pulling away from the body, to shoulder height, finishing with the palm of your hand facing down (avoid pointing or turning your thumb down)
7. Alternate arms
8. Inhale on the way down
9. Exhale on the way up

4. Lat Pulldown Front V-Handle

1. Sit facing front of machine
2. Use V-Handle (best or similar if not available)
3. Sit all the way into the roller, (stomach to roller)
4. Roller tight to top of thighs (heels flat on the floor)
5. Do not overstretch the arms on the up position
6. Keep the chest and chin pointed up
7. Lean back slightly
8. Bring the elbows down to sides in line with the body
9. Exhale when bringing arms down

5. Tricep 2-Arm Cable Extension

1. Cable station or Lat Pulldown machine
2. Pulley at top
3. Chose handle to comfort
4. Use medium grip
5. Lean forward @ waist
6. Medium grip
7. Knees bent / do not lock knees
8. Finish with full elbow extension (lockout elbows)
9. Inhale on the way down
10. Exhale on the way up

6. D.B.1-Arm Incline Bicep Curl

1. Bench tilted approximately 60° tilted back (or to comfort)
2. Seat up
3. Lean toward the working arm
4. Palm is facing up
5. Do not overextend (lockout) your arm down (always keep a slight bend in the elbow)
6. Do not bring your arm all the way up (stop 3 inches from shoulders)
7. Keep constant tension on the muscle
8. Alternate arms
9. Inhale on the way down
10. Exhale on the way up

7. Ab. Crunch

1. Curl the stomach in
2. Hold on to the handles comfortably, don't worry about putting your elbows on the pads
3. Relax neck and shoulders
4. Exhale while you crunch

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