



Program 1

1. Leg Press Angled Down @45°	x8/	/	/	/
LIFE FITNESS	x8/	/	/	/
	x4/	/	/	/
2.D.B.2-Arm Incline Press @45°	x8/	/	/	/x5/
Do not bring arms down below the shoulder line				/
3.D.B.2-Arm Shoulder Press Seat	x8/	/	/	/x5/
Do not bring arms down below the shoulder line				/
4.Lat Pulldown Behind Neck_____	x7/	/	/	/x5/
Important: Bring bar down ONLY to ¼ below top of head				/
5.Tricep Lying 2-Arm Extension	x7/	/	/	/x5/
(Barbell or Z-Bar)				/
6.D.B.1-Arm Bicep Concentration Curl	x8/	/	/	/
Low bench, knee horizontal to groin				/
7. Ab. Crunch	x8/	/	/	/