



Program 3 Special Instructions

1. Reverse thigh Curl

1. Preferred brand: Life Fitness / Matrix
2. Feet are flexed up and toes are turned out slightly
3. Keep neck and shoulders relaxed

2. Hip Adductor

1. Preferred brands: Cybex, Life Fitness, Nautilus
2. Thighs must touch each side of the pads entirely (Use an extra pad behind your back to closer into the machine if your legs are not far enough into the pads)
3. Crunch your abs as you press the thighs together
4. Feet are flexed up
5. Inhale out
6. Exhale in

3. B.B. 2-Arm Deadlift

1. Use a straight barbell
2. Medium foot stance
3. Knees bent
4. Medium grip, about hip wide
5. Bend forward at the waist / back remains flat at 45° / descend the bar $\frac{3}{4}$ down
7. Inhale on the way down
8. Exhale on the way up

4. D.B. 1-Arm Incline Side Raise

1. Bench angled at approximately 60°
2. Lean on bench sideways
3. The elbow is slightly bent
4. D.B. stays in neutral position throughout the whole exercise
5. Alternate arms
6. Inhale on the way down
7. Exhale on the way up

5. D.B.2-Arm Pullover

1. Flat bench
2. Feet down on the floor, wide stance
3. Head to the edge of the bench so that you can clear the weight
4. Keep elbows bent
5. Do not extend arms out
6. Go around the head keeping the D.B. close to top of head (in a "around the sun movement")
7. Lower the weight until you feel your shoulders touch the bench in complete line with your body
8. Inhale on the way back
9. Exhale on the way up

6. D.B.1-Arm Row

1. Flat bench
2. Lean one hand and one knee on bench (opposite to working arm)
3. Your back @ 45°
4. Bring D.B. up to waist
5. Extend D.B. down to floor (angle slightly forward)
6. Keep D.B. in neutral position
7. Do not rotate your back as you bring the D.B up (keep back flat)

3. Inhale on the way down
10. Exhale on the way up

7. Lat Pulldown Front Reverse Grip

1. Sit facing front to machine
2. Use a Let bar
3. Palms of hands face up towards you (Reverse Grip)
4. Sit all the way into the roller, (stomach to roller)
5. Roller tight to top of thighs (heels flat on the floor)
6. Do not overstretch the arms on the up position
7. Keep the chest and chin pointed up
8. Bring the elbows down to sides of the body
9. Exhale when bringing arms down
10. Inhale up

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