



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. 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 sit 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. 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

4. D.B. 2-Arm Shoulder press

1.Bench angle up

2.Seat angle @45°

3.Observe takeoff and landing from video

4.The arms go down pass the horizontal shoulder line slightly to make full range of motion

5.Bring the arms up in an A shape without hitting the DB on the up position

6.Don't lock your elbows on the up position

7.Inhale on the way down

8.Exhale on the way up

5.Rear Delt 1-Arm Mach

1.Seat at height so elbow is at shoulder level

2.Keep elbow up

3.Lean all the way forward on working side

4.Move arm backwards like if you want to elbow someone in back of you

5.Inhale forward

6.Exhale back

6. D.B.1-Arm Row

1. Bench angle 45° - seat up

2. Lean forearm on bench, one knee on seat (opposite to working arm)

3. 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, parallel to the floor)

7. Ab Rope Crunch

1. Kneel on a pad
2. Hold on to the rope in front of you
3. Start with flat back, leaning forward
4. Curl the stomach in
5. Relax neck and shoulders
5. Exhale while you crunch

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