Program 2 at-a-glance

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1. Leg Extension

X8 / / / / / /

2. Hip Adductor

X8 / / / / /

3. D.B. 2-Arm Incline Flys

X8 / / / / / /

4. D.B. 2-Arm Shoulder Press

X7 / / / /

X5 / / /

5. 1-Arm Rear Delt

X8 / / / / /

6. D.B. 1-Arm Row

X8 / / / / / /

7. AB Rope Crunch

X8 / / / / / /