

# Program 3 at-a-glance [DrFitnessUSA.com](http://DrFitnessUSA.com) / 424.245.6560

## 1 D.B. 2-Arm Pullover



X7 / / / / X5 / / /

## 2. Lat Pulldown V-Handle



X7 / / / / X5 / / /

## 3 Lat Pulldown Reverse Grip



X8 / / / / /

## 4. Seated Selectorized Row



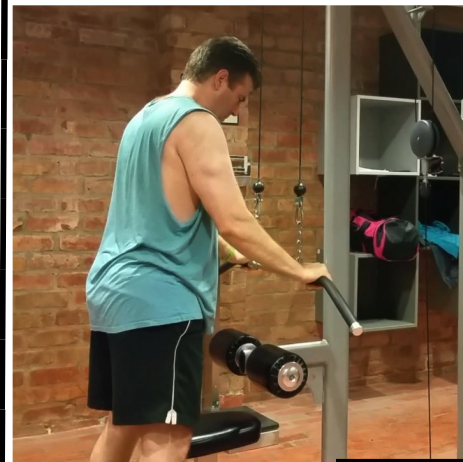
X8 / / / X5 / / /

## 5 Top deadlift Smith Mach



X8 / / / X5 / / /

## 6 Tricep Cable 2-Arm Ext



X8 / / / / /

## 7. Bicep 1-Arm Curl



X8 / / / / /