



Program 3 Special Instructions .

1. D.B.2-Arm Pullover

1. Flat bench
2. Feet down on the floor, wide stance
3. Roll back on shoulders, while keeping butt firmly in contact with the bench throughout the movement
4. Head to the edge of the bench so that you can clear the weight easily over your head
5. Do not extend arms out, keeping elbows bent, not arms straight
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

2. Lat Pulldown Front V-Handle

1. Sit facing front of machine
2. Use close grip V-Handle (best or similar if not available)
3. Sit all the way into the roller, (stomach to roller)
4. Roller tight to top of thighs (feet flat on floor)
5. Do not overstretch by locking out the arms on the up position
6. Keep the chest and chin pointed up by arching the back
7. Lean back slightly
8. Bring the elbows down to sides in line with the body
9. Exhale when bringing arms down

3. Lat Pulldown Front Reverse Grip

1. Sit facing front to machine
2. Use a Lat bar or short z-bar if available
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 (feet 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

4. Hammer PlateLoad Row Or Seat Selectorized Row

1. Use neutral grip (palms facing each other)
2. Use full range of motion
3. Keep elbows down while rowing/ Note if using Hammer plateload row, exercise is done 1-arm at a time; if using selectorized machine the exercise is done with 2 arms at a time
4. Exhale when bringing arms towards your body
5. Inhale while extending
6. Always keep chest pointing up

5. Top Deadlift Smith machine

1. Set the bar 1 inch below knees
2. If necessary stand on a Reebok board if range of motion is too short
3. Medium foot stance
4. Knees bent slightly
5. Medium grip, about hip wide

6. Bend forward at the waist / back remains flat at 45° when starting the initial pull / descend the bar ¾ down
 1. Inhale on the way down
 2. Exhale on the way up

6. Tricep 2-Arm Cable Extension

1. Cable station or Lat Pulldown machine
2. Pulley at top
3. Choose handle to comfort
4. Use medium grip
5. Lean body weight forward @ waist
6. Medium grip
7. Knees bent / do not lock knees
8. Finish with full elbow extension (lockout elbows)
9. Inhale on the way down
10. Exhale on the way up

7. D.B. 1-Arm Bicep Concentration Curl

3. Sit on a low bench
4. Knee should higher than the hips
5. Do not overextend your arm down
6. And do not bring your arm all the way up
7. Keep constant tension on the muscle
8. Inhale on the way down
9. Exhale on the way