

DrFitnessUSA.com



Course Disc 2 .

MEN _____

Date ___/___/___

1. **LifeFit Leg Extension** x8/ / / / / /
(Seat) Roller-S-[Wheel #]
Hercy Pad

2. **LifeFit Hip Adductor (inner thigh)** x8/ / / / /

3. **D.B.2-Arm Flys @45%** x8/ / / / / /
[Hug A Tree]

4. **D.B.2-Arm Shoulder Press Seat** x8/ / / /x5/ / /

5. **Rear Delt 1-Arm Mach** _____ x8/ / / / /

6. **D.B. 1-Arm Row** x8/ / / / / /

Abs Rope Crunch _____